

# FOOD AT YOUR FINGERTIPS

Compiled by  
THE AAIB HOME ECONOMICS WORKSHOP  
COOKBOOK COMMITTEE



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LARGE TYPE EDITION



# FOOD

## AT YOUR

# FINGERTIPS

Compiled by the Cookbook Committee  
of the Homemaking Section  
of the  
American Association of Instructors of the Blind

EULA SHULTS, *Chairman*  
MARJORIE MOSKE                      MARGARET SANCHEZ  
MARGUERITE PATTEN

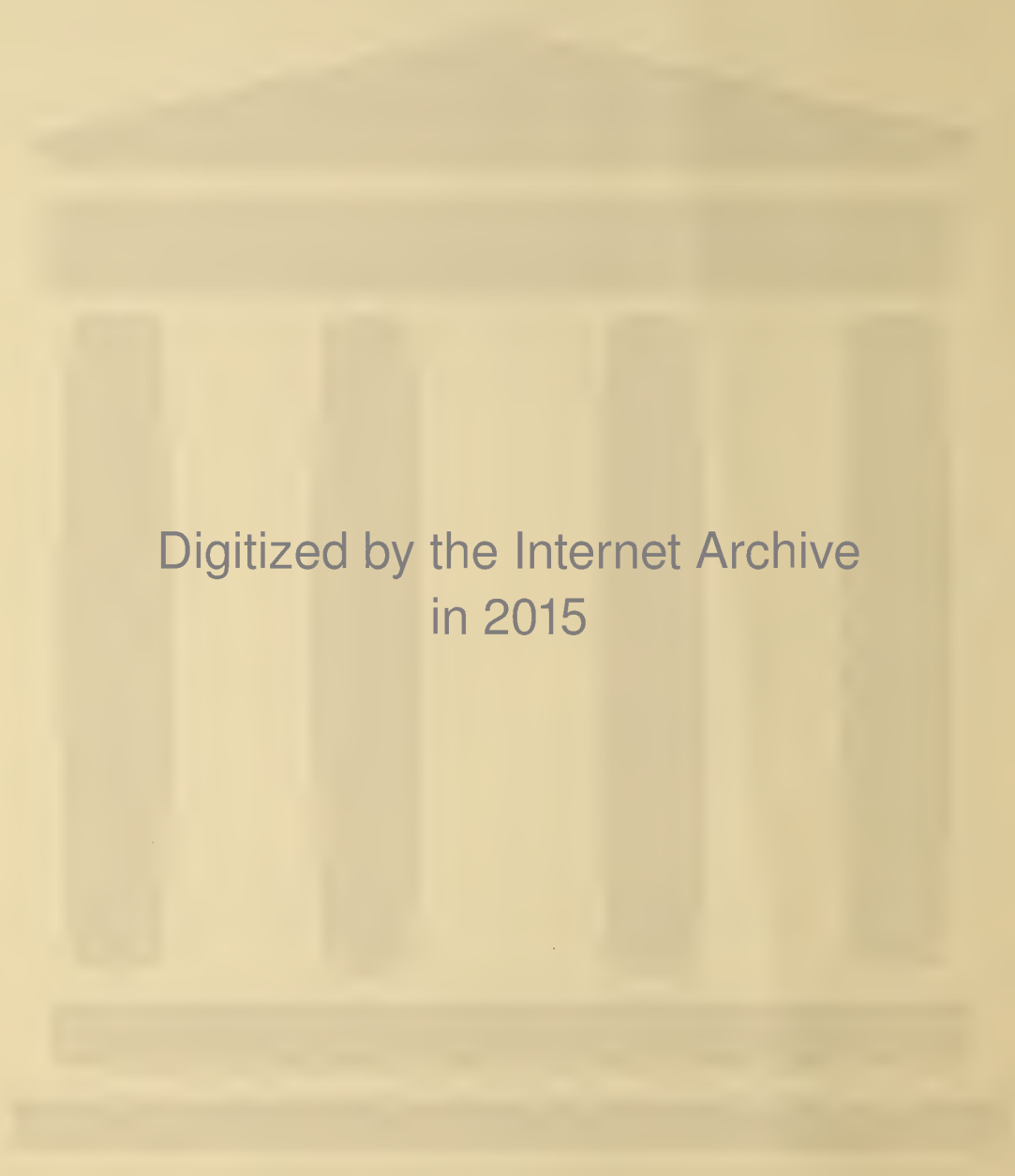
IN ONE VOLUME

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## FOREWORD

The Homemaking Section of the American Association of Instructors of the Blind, meeting in workshop session at the Ohio School for the Blind in Worthington, Ohio, in June, 1956, appointed a committee of four and instructed them to compile a basic cookbook of selected recipes to be embossed in Braille and printed in large type.

The committee members, Marjorie Moske of Oklahoma, Margaret Sanchez of Florida, Marguerite Patten of Minnesota, and Eula Shults of Arkansas, have worked by correspondence, and in committee meeting at Little Rock, Arkansas, in February, 1957, to bring you this recipe book with the hope that it will be useful to teachers of cooking in schools for the blind, as well as an indispensable guide to blind and partially sighted students and homemakers.

Recipes were chosen and a style of writing used which the committee considered especially usable by blind and partially sighted cooks. Recipes were avoided which were popular in only one section of the country.

It is hoped that the loose-leaf book will make it possible to add new ideas and recipes which will keep the blind cook up-to-date on new cooking techniques and recipes.

The committee would like to express appreciation to the many homemaking teachers and students in schools for the blind, to blind homemakers and their friends, and to all others who contributed recipes, suggested names and ideas, or just supported us with encouraging letters and displays of interest in the cookbook.

## ABBREVIATIONS USED IN THIS BOOK

pkg. — package	oz. — ounce	lb. — pound	sq. — square
tbsp. — tablespoon	min. — minute	qt. — quart	hr. — hour
tsp. — teaspoon	mod. — moderate	pt. — pint	doz. — dozen

## TABLE OF EQUIVALENT WEIGHTS AND MEASURES

3	teaspoons	=	1	tablespoon
4	tablespoons	=	$\frac{1}{4}$	cup
5	$\frac{1}{3}$ tablespoons	=	$\frac{1}{3}$	cup
8	tablespoons	=	$\frac{1}{2}$	cup
10	$\frac{2}{3}$ tablespoons	=	$\frac{2}{3}$	cup
12	tablespoons	=	$\frac{3}{4}$	cup
16	tablespoons	=	1	cup
2	tablespoons	=	1	liquid ounce
1	cup	=	$\frac{1}{2}$	pint
2	cups	=	1	pint
4	cups	=	1	quart
4	quarts	=	1	gallon
8	quarts	=	1	peck
4	pecks	=	1	bushel
2	tablespoons butter	=	1	ounce
$\frac{1}{2}$	cup butter	=	$\frac{1}{4}$	lb. or 1 stick
$2\frac{1}{4}$	cups granulated sugar	=	1	pound
$3\frac{1}{2}$	cups sifted confectioners sugar	=	1	pound
4	cups sifted flour	=	1	pound
3	cups corn meal	=	1	pound
1	tablespoon cornstarch	=	2	tablespoons flour



- 
- 1 square chocolate = 1 ounce  
3½ tablespoons cocoa + ½ tablespoon butter = 1 ounce or 1 square of chocolate  
1 cup chopped nuts = ¼ pound  
15 marshmallows = ¼ pound  
1½ tablespoons vinegar or lemon juice in 1 cup milk = 1 cup sour milk  
1 lemon = 3 to 4 tablespoons juice  
12 to 14 egg yolks = 1 cup  
8 to 10 egg whites = 1 cup  
1 pound ground coffee = 80 tablespoons

## SIZE OF CANS

- No. 1 flat = 1 cup or 9 ounces  
No. 1 tall = 2 cups or 16 ounces  
No. 303 = 2 cups or 16 ounces  
No. 2 vacuum = 1¾ cups or 12 ounces  
No. 2 = 2½ cups or 20 ounces  
No. 2½ = 3½ cups or 28 ounces  
No. 3 cylinder = 5¾ cups or 46 ounces  
No. 10 = 13 cups or 6 pounds 10 ounces

## OVEN CHART

- Very slow oven — 250° - 275°  
Slow oven — 300° - 325°  
Moderate oven — 350° - 375°  
Hot oven — 400° - 425°  
Very hot oven — 450° - 475°  
Extremely hot oven — 500° - 525°

## COOKING VOCABULARY

- Bake— To cook with dry heat, usually in the oven. When applied to meats, it is called roasting.
- Baste— To moisten food during cooking by spooning drippings, water, or special sauce over it to prevent drying or to add flavor.
- Beat— To mix with a fast motion that lifts mixture over and over with spoon, whip, or beater to make mixture smooth and introduce air.
- Blanch— To pour boiling water over food to loosen skin of fruits or to remove or set color. Especially good for the blind to use in peeling tomatoes.
- Blend— To mix thoroughly.
- Boil— To cook in liquid in which bubbles are breaking on surface giving off a hissing noise.
- Braise— To brown in a small amount of hot fat, add a small amount of liquid and cook slowly in covered utensil on top of stove or in oven.
- Broil— To cook directly under heating unit or over fire.
- Caramelize— To melt granulated sugar to syrup.
- Chop— To cut into pieces.
- Combine— To mix ingredients.

- 
- Cream— To rub, stir, or beat until soft, smooth and creamy. Usually applies to sugar and shortening.
- Cut— To mix shortening with dry ingredients by using pastry blender, or knives, so fat remains in small pieces.
- Dice— To cut in very small cubes, about  $\frac{1}{2}$  inch.
- Dredge— To coat with flour.
- Fold In— Mixing by cutting down through center of batter with edge of spoon or spatula, bringing up close to bowl, turning over and cutting again until ingredients are mixed without releasing air bubbles. Used to blend stiffly beaten egg whites and whipped cream in mixtures.
- Fricasee— Same as braising except applies to fowl or rabbit.
- Fry— To cook in fat.  
Deep fat or french fry — cook in deep hot fat.  
Pan fry — cook in small amount of fat.
- Grate— To rub against grater to shred food to small bits.
- Knead— To work and press dough with hands by folding, pushing and stretching it.
- Marinate— To let food stand in oil-acid mixture (usually French dressing or oil and vinegar for added flavor).
- Mince— To chop into very fine pieces.

Parboil—	To boil in water until partially cooked.
Pare—	To cut away outside covering as potatoes, apples.
Peel—	To strip off outer cover as banana, oranges, etc.
Pit—	To remove pits or seeds from fruit.
Poach—	To cook slowly in hot liquid to cover, being careful that food holds shape — applies to eggs.
Roast—	To cook by dry heat, usually in oven.
Saute—	To cook in small amount of fat in skillet.
Scald—	To heat to temperature just below boiling point.
Sear—	To brown surface quickly.
Simmer—	To cook in liquid on top of stove just below boiling point.
Steam—	To cook in steam which arises from pan of boiling water as in double boiler or steamer.
Stew—	To cook slowly in small amount of liquid for long time.
Stir—	To mix with a rotary motion of spoon.
Toast—	To brown by direct heat.
Toss—	To mix ingredients lightly without mashing.
Whip—	To beat rapidly to incorporate air as in egg whites and whipping cream.



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## SUGGESTIONS FOR USING RECEIPES

1. Read your recipe carefully. Check to be sure that you have everything it calls for on hand.
2. Get all of the needed ingredients together before you start. When there is a blind cook in the family it is especially important that there be a special place for everything and that things are always in their place. Braille markers may be used on containers which cannot be distinguished in some other way, as for canned goods, but most ingredients can be located easily by the shape, size or location of the container. If there is any doubt one can always rely on taste, touch, or smell.
3. Collect all of the utensils you will need, checking the amounts in your recipe so that you will use a bowl or pan of the right size. A blind cook will find it easier to mix or cook in a slightly larger bowl or pan to prevent beating out or boiling over.
4. If the oven is to be used, turn it on and set at correct temperature before beginning to mix — To set the oven control on your stove turn it to lowest position and then learn to judge by distance or ridges on knob how far to turn for different temperatures. You may mark the knob on your stove with small notches made with a file or with raised lines or dots of plastic cement applied from a tube or cone.
5. Measure accurately — All measurements are level full unless otherwise stated. Flour is measured without packing after sifting. Sift flour on a piece of paper before measuring, being sure the paper is big enough to catch all flour. Spoon flour



lightly into dry measuring cup until heaping full, level off with straight edge knife or spatula. Do not shake cup.

Granulated and confectioners' sugar may be measured in the same way but brown sugar should be packed in the cup.

Baking powder, soda, salt, spices, etc. should be measured by filling the spoon heaping full and leveling with straight edge. The blind cook may find it easier to level the top of spoons with her finger.

It is a help to the cook who doesn't see if ingredients which she uses often, such as salt, pepper, soda, baking powder, coffee, sugar, etc., are kept in large-mouth containers so that she can dip into the container rather than pour or shake the ingredient into the spoon or cup.

Have shortening or butter at room temperature. Pack in cup or spoon and level. Clean out with fingers or rubber spatula.

To measure liquids place cup on flat surface, hold finger tip inside cup to tell when cup is full. Fill cup near bowl or pan so you will not have far to carry it if it is full.

Some kitchen equipment which is especially helpful to the blind cook are graduated measuring cups and spoons, an egg separator, deep fat frying basket, a double boiler, pastry blender, blending fork, vegetable parer with floating blade, a funnel, tongs for lifting vegetables, meats, etc., out of pan, wall-type can opener, pans and spoons with cool handles, a pair of kitchen scissors for cutting up salad greens, marshmallows, chicken for salad, dates, etc., and a salad cutter and slicer. Automatic electric appliances seem to be designed especially for blind people.

Some nice ones to have are pop-up toaster, coffee-maker, mixer and fryer.

6. Now you are ready to start combining and mixing according to instructions.
7. Cooking — Playing with fire can be dangerous so be sure that you know how to operate your stove safely whether you use gas, electricity, oil or wood. If you use gas with pilot light or matches, be careful not to strike a match if gas has been escaping. Your good sense of smell will help you here.

It's safer to place pan on burner before you turn on fire — getting pan on center of burner, and turn off before you remove pan.

Always turn handles of pans toward the center of stove so that you will not hit the handles in passing and knock them off the stove. Hold the handle of the pan with one hand while you stir with the other to keep from stirring pan off stove. When putting in or removing a pan from a hot oven — with a pot lifter in hand find the front of rack, pull out, place or remove pan, replace rack.

8. How to tell when it is done — If it's boiling, test with a fork or take out a small amount, cool and mash between fingers — use this method for rice, spaghetti, potatoes, etc.

If it's frying use your nose. You can tell when foods smell brown. Tap with your fork to see if they feel crusty. To turn food in the frying pan lift with fork or tongs until the edge just touches the pan and turn over gently so as not to splash grease. When putting food in hot frying pan, as chicken or

steak, hold the piece until it touches the pan before you let go. Never drop into hot grease. Do not overcrowd the frying pan. Bacon can be cooked in a hot oven without turning. When baking — use a timer or your Braille watch. Test meat with a fork for tenderness, test cake by pressing lightly with finger. If it springs back it is done or if a toothpick comes out clean it is done. For bread test to see if it feels crusty and smells brown.

9. If you are short on time, or find preparation difficult, try out some of the ready-to-cook frozen foods, mixes, and partially cooked bakery products.
10. When you plan meals stick to simple menus that you are sure you can handle and allow yourself plenty of time. Set the table early. Start long-cooking dishes first or do those that won't hurt to stand so you'll have time for last minute things just before you serve.

Put your head to work and you'll probably come up with many more ideas to make your cooking an interesting challenge. Don't be discouraged if it doesn't taste just right at first. It takes lots of practice to be a good cook.

## APPETIZERS

Juice Cocktails  
Fruit Cups  
Hors D'Oeuvres  
Canapes  
Cocktail Snacks  
Cheese Dip  
Deviled Ham — Cheese Dip  
Deviled Eggs  
Cocktail Sauce for Seafood

## JUICE COCKTAILS

Chill and serve in cocktail glasses:

1. Tomato juice seasoned with a little salt, lemon juice, a few drops Worcestershire sauce and onion juice.
2. Two parts tomato juice and one part sauerkraut juice.
3. Grapefruit juice with minted or maraschino cherries.
4. Equal parts pineapple and orange juice with a dash of fresh lime juice.
5. One part grape juice and 2 parts unsweetened pineapple juice.
6. Canned sweetened apricot juice with a dash of lemon juice.

## FRUIT CUPS

1. Section 3 oranges, dice and combine with 2 bananas sliced and 2 slices diced canned pineapple. Add 2 tbsp. lemon juice and 2 tbsp. sugar. Chill.



2. Try a scoop of orange or lemon sherbet over a glass of fruit cocktail.
3. Pour cold ginger ale over chilled, drained, canned fruit cocktail.
4. Freeze ginger ale to a mush. Serve in sherbet glasses — top with drained chilled fruit cocktail.

### HORS D'OEUVRES

1. Cut stuffed olives in half and place on cocktail pick alternately with small cubes of cheese and sweet pickle.
2. Arrange small brown cocktail sausages and pickled onions on pick.
3. Wrap a half slice of bacon around any of the following, fasten with pick and broil: stuffed olives, oysters, or shrimp.
4. Spear  $\frac{1}{2}$  stuffed olive on a cube of cheese with a pretzel stick.
5. Tiny balls of cream cheese rolled in minced dried beef or chopped nuts.
6. Crisp celery and carrot sticks, radishes and green pepper rings.

### CANAPES

Remove crusts from bread, slice thin, cut out with cookie cutters. Toast on one side. Just before serving, spread untoasted side lightly with topping. Or use small crackers, or melba toast.

Toppings: Mash deviled ham with a little horse-radish, grated onion and black pepper.

Philadelphia cream cheese garnished with olive slices.

Spread with mustard butter (1 tsp. prepared mustard blended with  $\frac{1}{4}$  cup soft butter) top with whole sardine and olive.



**COCKTAIL SNACKS**

- Mix in baking pan.....  $1\frac{1}{2}$  cups Kix  
1 cup Cheerios  
2 cups tiny cheese crackers  
2 cups pretzel sticks  
 $\frac{1}{2}$  lb. mixed nuts
- Mix in small saucepan.....  $\frac{1}{4}$  cup melted butter  
 $\frac{1}{2}$  tsp. Worcestershire sauce  
 $\frac{1}{4}$  tsp. garlic salt  
 $\frac{1}{4}$  tsp. celery salt

Pour over cereal mixture. Bake 1 hr. at  $250^{\circ}$  stirring every 15 minutes. Makes 6 cups.

For cheese cocktail snacks, add  $\frac{1}{3}$  cup grated Parmesan cheese.

**CHEESE DIP**

- Mix..... 3 3-oz. pkgs. cream cheese  
2 or 3 crushed garlic cloves or  
1 tsp. onion juice  
1 tsp. salt  
1 tsp. Worcestershire sauce  
 $\frac{1}{4}$  cup chopped pickles or olives

Add enough milk or cream to thin to dipping consistency. Serve with potato chips, corn or cheese chips.

**DEVILED HAM — CHEESE DIP**

- Mix..... 3 3-oz. pkgs. cream cheese  
 $\frac{1}{4}$  cup horse-radish

- 1 tbsp. grated onion
- 1 2¼-oz. can deviled ham

Add enough mayonnaise or milk to make a good dip. Chill. Serve with potato chips or Fritos.

### DEVILED EGGS

Hard cook (simmer 20 minutes)—6 eggs.

Peel, cut in halves, remove yolks,

- and add.....
- 1 tbsp. vinegar
  - ½ tsp. salt
  - ¼ tsp. pepper
  - ½ tsp. prepared mustard
  - 1 tbsp. mayonnaise

Mix well and fill egg white shells. If desired add to yolks 2 tbsp. chopped olives, or 2 slices crisp bacon crumbled, or 2 tbsp. dried beef or deviled ham.

### COCKTAIL SAUCE FOR SEAFOOD

- Combine and chill.....
- 6 tbsp. chili sauce
  - 2 tbsp. lemon juice
  - 1½ tbsp. horse-radish
  - 1 tsp. Worcestershire sauce
  - ¼ tsp. grated onion
  - 2 drops Tabasco sauce
  - ½ tsp. salt

Serve with canned or fresh cooked shrimp or raw oysters.

## BEVERAGES

Coffee — Percolator, Dripolator, Vacuum, Instant

Tea — Hot, Iced, or Spiced

Hot Cocoa

Hot Chocolate

Chocolate Syrup

Milk Shakes

Lemonade, Limeade, Orangeade

Lemon, Strawberry Punch

Fruit Punch

Ginger Ale and Sherbet Punch

## COFFEE

Weak — 1 tbsp. per cup

Medium — 1½ tbsp. per cup

Strong — 2 tbsp. per cup

*Percolator* — Measure fresh cold water into pot and regular grind coffee into basket. Let coffee perk 5 to 10 minutes.

*Dripolator* — Measure drip grind coffee into filter section, pour boiling water into upper container. Cover, set over low heat until water has dripped through.

*Vacuum* — Measure fresh cold water into lower part and drip grind coffee in top. Place on heat. When water rises lower heat. Stir once. Remove from heat. When coffee is back in lower section remove top and put on separate cover.

*Iced*.—Place 1 heaping teaspoonful in glass. Fill half full with tap water. Stir, add ice and serve.

Offer sugar, lemon or orange wedges, or mint sprigs with iced tea.

pinch of salt

Serve hot — poured over a marshmallow in each cup or top with a tbsp. sweetened whipped cream.

## HOT CHOCOLATE (6 servings)

Heat over low heat.....2 sq. unsweetened chocolate (2 oz.)  
stirring until chocolate melts.

Add.....1 cup water  
pinch of salt  
1/3 to 1/2 cup sugar

Boil 4 minutes stirring.

Stir in.....3 cups milk

Heat to scalding—do not boil. Just before serving beat with rotary beater and serve with whipped cream or marshmallows.

## CHOCOLATE SYRUP

Mix in saucepan..... 1 cup cocoa or 4 sq. bitter  
chocolate

2 cups sugar

$\frac{1}{4}$  tsp. salt

Stir in..... 2 cups cold water

Cook over low heat about 5 min., stirring constantly.

Cool and add..... 1 tsp. vanilla

Mix well. Pour into jar or ice box dish. Cover and store in refrigerator. Use for chocolate milk, milk shakes, ice cream sundaes, or ice cream soda.



## MILK SHAKES

For each cup of chilled milk add 1 heaping tablespoon ice cream and fruit or flavoring as desired. Shake or beat until well blended.

Banana —  $\frac{1}{2}$  cup mashed banana.

Strawberry —  $\frac{1}{4}$  cup crushed sweetened strawberries.

Chocolate — 1 tbsp. chocolate syrup.

Maple — 2 tbsp. maple syrup.

## LEMONADE

Combine in saucepan.....1 cup sugar  
1 cup water  
rind of 1 lemon

Stir over low heat until sugar dissolves. Boil 1 minute. Discard rind. Cool.

Add.....1 cup fresh or frozen lemon juice  
(5 or 6 lemons)  
4 cups ice water

Pour over ice in pitcher. Serves 6 to 8.

*Limeade* — In recipe above use lime juice in place of lemon juice.

*Orangeade* — In place of lemon juice use 2 cups orange juice and  $\frac{1}{4}$  cup lemon juice.

*Frozen Lemonade, Limeade, Orangeade* — Mix with water as suggested on can, stir and serve.

## LEMON STRAWBERRY PUNCH

Mix in punch bowl.....3 6-oz. cans frozen lemonade  
water according to directions on  
can

1 pkg. frozen strawberries  
 Just before serving add.....1 qt. ginger ale  
 ice to cool  
 Makes 1½ gal. 32 servings.

### FRUIT PUNCH

Combine.....3 qts. unsweetened pineapple  
 juice  
 juice of 8 lemons  
 juice of 8 oranges  
 juice of 3 limes  
 4 cups sugar  
 Chill. Just before serving add....4 qts. ginger ale  
 1 pt. fresh or frozen strawberries  
 Float thin slices of lemon and lime. Serves 35.

### GINGER ALE AND SHERBET PUNCH

Mash with spoon or  
 potato masher .....1 gal. sherbet — orange, lime or  
 pineapple  
 Blend in gradually .....4 qts. cold ginger ale  
 Serve at once.

## BREADS

Quick Breads — Shortcuts

Southern Corn Bread

Baking Powder Biscuits

Buttermilk Biscuits

Cheese Biscuits

Orange Tea Biscuits

Muffins

Shortcake

Waffles

Sour Milk Waffles

Corn Meal Waffles

Banana Nut Bread

Refrigerator Rolls

Cinnamon Toast

French Toast

Milk Toast

### QUICK BREADS — SUGGESTED SHORTCUTS

1. Add liquid to Bisquick for rolled or drop biscuits, muffins, coffeecake or nut bread.
2. Open a can of biscuits, place on baking sheet, brush tops with butter or cooking oil and bake.
3. Place Brown'N Serve Rolls on baking sheet, spread with butter. Bake in 400° oven 10 min.
4. Slice a loaf of French or rye bread diagonally to bottom crust. Spread with seasoned butter. Wrap in foil and heat at 400° for 15 min.

### GARLIC BUTTER

Cream soft butter in a bowl which has been rubbed with a cut clove of garlic or use small amount of garlic salt.

### SEASONED BUTTER

Season creamed butter with minced parsley, mustard, horse-radish, pepper sauce, onion juice, celery salt or grated cheese.

### SOUTHERN CORN BREAD

Combine and sift into

mixing bowl ..... 2 cups corn meal

1/2 cup flour

1 tsp. salt

1/2 tsp. baking soda

2 tsp. baking powder

Stir in until well mixed..... 2 cups buttermilk

1 egg

2 tbsp. melted shortening or  
bacon drippings

Pour into hot greased baking pan and bake in 475° oven 20 to 25 min. If yellow meal is used reduce oven heat to 425°.

### BAKING POWDER BISCUIT

Sift together..... 2 cups sifted flour

3 tbsp. baking powder

1/2 tsp. salt

Cut in with pastry blender..... 1/3 cup shortening  
until size of peas.

Add..... $\frac{3}{4}$  cup milk

Mix to form a soft dough. Knead on a lightly floured board or pastry cloth, roll to about  $\frac{3}{4}$  inch thickness. Cut with floured biscuit cutter. Place on ungreased baking sheet, brush tops with melted butter or evaporated milk. Bake in hot oven,  $450^{\circ}$  for 15 min.

### CINNAMON ROLL UPS

Make Baking Powder Biscuit Dough but do not cut. When dough is rolled out sprinkle with

mixture of.....	1 tsp. cinnamon
	$\frac{1}{3}$ cup brown sugar
	2 tbsp. soft butter
	$\frac{1}{2}$ cup raisins

Roll up dough, cut in 1 inch slices and bake on ungreased cookie sheet in  $425^{\circ}$  oven for 15 min.

### BUTTERMILK BISCUITS

Follow recipe for Baking Powder Biscuit, substituting  $1\frac{1}{2}$  tsp. baking powder and  $\frac{1}{2}$  tsp. soda for the 3 tsp. baking powder. In place of sweet milk use 1 cup buttermilk.

### CHEESE BISCUIT

Sift together.....	$1\frac{1}{2}$ cups sifted flour
	$2\frac{1}{4}$ tsp. baking powder
	$\frac{1}{2}$ tsp. salt
Cut in.....	$\frac{1}{4}$ cup shortening
Add.....	$\frac{1}{2}$ cup milk



Mix to form a soft dough. Roll to  $\frac{1}{4}$  inch thickness. Cut with biscuit cutter. Spread half of the rounds with a mixture of .....  $\frac{2}{3}$  cup grated cheese and  
2 tbsp. soft butter

Place a round on top of each, sandwich style, and bake in  $450^{\circ}$  oven 12 min. Serve hot. NOTE: If preferred the cheese and butter may be cut into the dry ingredients with shortening.

### ORANGE TEA BISCUITS

Prepare one recipe of Baking Powder Biscuits. Roll to  $\frac{1}{2}$  inch thickness. Sprinkle with

mixture of..... 2 tbsp. sugar  
 $\frac{1}{2}$  tsp. cinnamon

Roll up and cut into 12 slices.

Combine in sauce pan..... 2 tbsp. butter  
 $\frac{1}{2}$  cup orange juice  
 $\frac{1}{2}$  cup sugar  
1 tsp. grated orange rind

Heat until butter is melted. Pour into baking pan. Place biscuit slices close together in orange syrup, cut side down. Bake at  $450^{\circ}$  for 20-25 min.

### MUFFINS

Sift together..... 2 cups sifted flour  
 $\frac{1}{2}$  tsp. salt  
 $2\frac{1}{4}$  tsp. baking powder  
2 tbsp. sugar  
Beat well..... 1 egg

Add..... 3 tbsp. melted butter  
1 cup milk

Pour wet into dry ingredients, stir only until mixed. Fill greased muffin tins  $\frac{2}{3}$  full. Bake in moderate oven  $425^{\circ}$  for 20 min.

### BLUEBERRY MUFFINS

Add  $\frac{2}{3}$  cup drained canned blueberries,  $\frac{1}{4}$  cup sugar and  $\frac{1}{4}$  cup flour to plain muffin recipe.

### BACON MUFFINS

Crumble 3 strips crisp bacon into small pieces. Add to muffin recipe.

### BRAN MUFFINS

Add 1 cup whole bran to muffin recipe in place of 1 cup flour.

### SHORTCAKE

Sift together..... 2 cups sifted flour  
3 tsp. baking powder  
 $\frac{1}{2}$  tsp. salt  
2 tbsp. sugar  
Cut in.....  $\frac{1}{2}$  cup margarine  
Beat together..... 1 egg and  
 $\frac{3}{4}$  cup milk

Add milk and egg to flour mixture. Mix to make soft dough. Pat into 4 small loaves, place on lightly greased baking sheet and bake in  $450^{\circ}$  oven 15 min. Remove from pan, split loaves and spread with butter. Serve hot.

## WAFFLES

Sift together..... 2 cups sifted flour  
3 tsp. baking powder  
1/4 tsp. salt  
Beat well in mixing bowl..... 2 eggs  
Stir in..... 1 1/4 cups milk  
1/4 cup melted shortening  
or cooking oil  
Stir in dry ingredients and bake in hot waffle iron.

## SOUR MILK WAFFLES

Sift together..... 2 cups sifted flour  
3 tsp. baking powder  
1 tsp. baking soda  
1 tsp. salt  
Beat in mixing bowl..... 4 eggs  
Add..... 1 1/2 cups sour milk and  
3/4 cup melted shortening or  
cooking oil  
Stir in dry ingredients. Bake in hot waffle iron.

## CORN MEAL WAFFLES

Sift together..... 1 cup flour  
1 cup corn meal  
3 tsp. baking powder  
1 tsp. salt  
2 tbsp. sugar  
Beat in mixing bowl..... 2 eggs

Add and mix well..... $1\frac{1}{4}$  cups milk  
 $\frac{1}{4}$  cup melted shortening or  
cooking oil

Bake in hot waffle iron.

### BACON CHEESE WAFFLES

To waffle recipe, add 1 cup grated cheese and lay strips of bacon on top of batter in waffle iron.

### BANANA PECAN WAFFLES

To waffle recipe, add 1 mashed banana and  $\frac{1}{2}$  cup finely chopped pecans.

### BANANA NUT BREAD

Sift together..... 1 cup sifted flour  
 $1\frac{1}{4}$  tsp. baking powder  
 $\frac{1}{2}$  tsp. baking soda  
 $\frac{3}{4}$  tsp. salt

Cream together.....  $\frac{1}{2}$  cup sugar  
 $\frac{1}{3}$  cup shortening

Add and beat well..... 1 cup mashed banana  
2 eggs

Stir in dry ingredients and  $\frac{1}{2}$  cup broken nuts. Bake in greased loaf pan in  $350^{\circ}$  oven 50 min.

### REFRIGERATOR ROLLS

Scald..... 2 cups milk  
Add..... 2 cups cold water  
When lukewarm add..... 1 pkg. yeast

Beat in enough sifted flour to make a batter. Let rise in a warm place until foamy — about 1½ hours.

Sift in and mix.....flour to make soft dough

## CINNAMON ROLLS

Roll dough to  $\frac{1}{4}$  inch thickness. Spread with melted butter, sprinkle with mixture of 3 parts sugar and 1 part cinnamon. Roll up and cut in  $\frac{1}{2}$  inch slices. Place on greased pan, let rise until double in size. Bake in  $375^{\circ}$  oven 15 or 20 min.

NOTE: This dough may be used for 2 large or 3 small loaves of bread.

## CINNAMON TOAST

Toast bread, butter generously, sprinkle with 1 part cinnamon to 4 parts sugar mixed. Return to oven for a minute. Keep sugar and cinnamon in a shaker.



### FRENCH TOAST

Dip bread slices in mixture of... 1 cup milk  
2 beaten eggs  
1/4 tsp. salt

Fry in small amount of hot fat or place on baking sheet and bake in 500° oven for 10 min. Serve with maple syrup, honey, jelly or sprinkle with confectioners sugar.

### MILK TOAST

Cover brown toast with..... 1/2 cup hot milk  
1/2 tsp. butter  
pinch of salt

Serve hot.

## CAKES

Applesauce Cake  
 Banana Nut Cake  
 Devil's Food Cake  
 Easy-Mix Basic Cake  
 Foundation Cake  
 Gingerbread  
 Hot Milk Sponge Cake  
 Lazy Daisy Cake  
 Pineapple Upside Down Cake  
 Pineapple Tart  
 Vanilla Wafer Cake  
 Cake Mixes

### APPLESAUCE CAKE

Thoroughly cream.....	1 1/2 cups sugar
	1/2 cup shortening
Add and beat well.....	2 beaten eggs
Add and mix.....	1 cup thick, unsweetened applesauce
Add these ingredients which have been sifted together.....	
	2 cups flour
	1/4 tsp. salt
	1 tsp. baking powder
	1/2 tsp. soda

1 tsp. cinnamon

1/2 tsp. cloves( ground)

Beat smooth and fold in..... 1 cup chopped seedless  
raisins

Bake in a loaf or tube pan, which has been greased and floured, at 350° for 45 to 60 min. Serve plain or frosted.

This cake will remain moist several days in a closely covered cake cover.

## BANANA NUT CAKE

Cream until fluffy..... 1 1/2 cups sugar

1½ cup shortening

Add..... 2 beaten eggs

3 ripe, mashed bananas

Sift and add to the above mixture.... 2 cups flour

Beat in ..... 4 tbsp. buttermilk

1 tsp. vanilla

1/2 cup pecans

Bake at 325° for 25 min. in layer pans or 40-45 min. in a loaf pan.

## DEVIL'S FOOD CAKE

Cream together..... 2 cups sugar

1 cup shortening

Add..... 2 unbeaten eggs

Sift together.....2½ cups flour

2 tsp. soda

pinch of salt

1/2 cup cocoa

Add the dry ingredients

alternately with..... 1 cup sour or buttermilk

(Begin and end with the dry ingredients)

Add..... 1 cup boiling water

Bake in a large loaf pan at 325° for 45 min.

### EASY-MIX BASIC CAKE

Place shortening at room temperature. Prepare two 9" layer cake pans or a large loaf pan. Heat oven to 375°

Stir to soften in a large

mixing bowl ..... ½ cup shortening

Sift together into the

shortening..... 2¼ cup cake flour

3 tsp. baking powder

1 tsp. salt

1½ cup sugar

Add and mix until all flour

is dampened..... ¾ cup milk

1 tsp. vanilla

Beat 2 min. or 300 strokes.

Add and beat 1 min. or 150

strokes longer..... 2 unbeaten eggs

¼ cup milk

Use low speed on electric mixer.

If mixing by hand, stop often and scrape sides of bowl. Turn batter into pans. Bake for 25 min. for layer and 35 min. for oblong cake.

## FOUNDATION CAKE

Cream.....	1 cup sugar
	1/2 cup butter or fat
Add and beat well.....	2 eggs
Add and mix.....	2/3 cup milk
	1/2 tsp. flavoring
Sift together and add to creamed mixture.....	2 cups flour
	2 1/2 tsp. baking powder
	1/4 tsp. salt

Mix well. Bake in 2 greased, floured layer pans 25 to 30 min. at 350°. If made in cup cakes, bake only 15-20 min.

## GINGERBREAD

Heat.....	1/2 cup water
Pour over.....	1/2 cup shortening
Add and beat well.....	1/2 cup brown sugar
	1/2 cup light molasses
	1 well-beaten egg
Add and beat until smooth.....	1 1/2 cups sifted flour
	1/2 tsp. salt
	1/2 tsp. baking powder
	1/2 tsp. soda
	3/4 tsp. ginger
	3/4 tsp. of cinnamon

Bake in a waxed paper-lined 8" square pan at 350° for 35 min.  
Cool in pan and cut in squares to serve.



Set out one hour ahead..... 3 medium eggs  
Heat oven to..... 350°  
Sift three times..... 1 cup cake flour  
1 tsp. baking powder  
1/4 tsp. salt  
With electric mixer at high speed or with hand mixer, beat until  
very thick and light (about 5  
min.)..... 3 eggs  
Add gradually to the eggs,  
beating constantly..... 1 cup sugar  
Beat in..... 2 tbsp. lemon juice  
Fold in flour mixture, small amount at a time, with a rubber spatula  
or spoon.  
Add and stir quickly until  
blended..... 6 tbsp. hot milk  
Immediately turn batter into ungreased 3 1/2" deep 9" tube pan or a  
large loaf pan. Bake 35 min. or until done. Invert pan; leave  
until cold. Remove by loosening around edge of pan with spatula  
or knife.

Beat.....	2 eggs
Add.....	1 cup sugar
Sift together and add gradually to the egg-sugar mixture.....	1 cup cake flour 1 tsp. baking power pinch of salt

Add after heating together..... 1 tsp. vanilla

1/2 cup milk

2 tbsp. butter

Mix well and bake in an oblong cake pan at 325° for 30 min.

While cake is baking prepare the following frosting mixture:

Cook to the soft-ball stage

in a saucepan..... 1 cup brown sugar

3 tbsp. cream

1 tbsp. butter

Add..... 1/2 cup pecans

1/2 cup coconut

Spread over top of warm cake (which is in the pan in which it was baked) and place under the broiler for about 5 min.

### PINEAPPLE UPSIDE-DOWN CAKE

Melt in a 10" skillet or 8" x

8" x 2" pan..... 3 tbsp. butter

3/4 cup brown sugar

Sprinkle in and heat over very

low flame until syrup bubbles.... 1 3/4 cup crushed pineapple

3/4 cup chopped nuts

Beat thoroughly..... 3 eggs

Gradually beat in..... 1 cup sugar

Sift together..... 1 cup flour

1 tsp. baking powder

1/2 tsp. salt

Add one half of dry ingredients to the egg-sugar mixture.

Stir in..... 4 tbsp. pineapple juice

## PINEAPPLE TART

## VANILLA WAFER CAKE

Crush and set aside.....	¾ lb. vanilla wafers
Melt in double boiler and	
set aside to cool.....	1 lb. marshmallows
	1 cup milk

Add and mix..... 1 cup cream, whipped  
1/4 cup sugar  
1 cup crushed pineapple  
3 ripe bananas, mashed  
1/4 cup finely cut maraschino  
cherries  
1/2 cup nuts

Add mixture to a pan lined with 2/3 of the wafer crumbs and sprinkle rest of crumbs on top. Chill.

### CAKE MIXES

Select your favorite cake mix at the grocers. Mix according to directions. Especially good are Angel Food, Devil's Food, Yellow, White and Marble.

## FROSTINGS

Banana Frosting

Butter Frosting

4-Minute Fudge Frosting

7-Minute Frosting

Speedy Caramel Frosting

### BANANA FROSTING

Place in a bowl and beat

until blended.....  $\frac{1}{2}$  box powdered sugar

1 mashed banana

juice of one lemon

2 tbsp. melted butter

Blend in.....  $\frac{1}{2}$  cup chopped pecans

This is enough frosting for a two-layer cake.

### BUTTER FROSTING

Thoroughly cream.....  $\frac{1}{4}$  cup butter

2 cups powdered sugar

Stir in..... 2 egg yolks (may be  
omitted)

Add..... 1 tsp. vanilla

If frosting becomes thick add..... 2 tbsp. cream

Variations:

For lemon add..... 1 tbsp. lemon juice

For orange add..... 2 tbsp. orange juice and  
omit cream and vanilla



For chocolate add..... $1\frac{1}{2}$  sq. melted Baker's  
chocolate after the first  $\frac{1}{4}$   
cup sugar has been added

#### 4-MINUTE FUDGE FROSTING

Heat in a medium sized  
saucepan until melted.....  $\frac{1}{2}$  cup undiluted evaporated  
milk  
 $3$  sq. unsweetened chocolate  
or  
 $1$  cup chocolate chips

Remove from heat and add  
one cup at a time..... $3\frac{1}{2}$  cups sifted powdered sugar  
Stir in and blend.....  $\frac{1}{4}$  cup softened butter

#### 7-MINUTE FROSTING

Place in double boiler.....  $2$  unbeaten egg whites  
 $1\frac{1}{2}$  cups sugar  
 $1\frac{1}{2}$  tsp. light corn syrup  
 $\frac{1}{3}$  cup cold water  
dash of salt

Mix thoroughly and cook, beating constantly with rotary or electric  
beater until the mixture forms peaks (about 7 min.)

Remove from heat; add.....  $1$  tsp. vanilla

Beat until of spreading consistency.

Sprinkle over frosted cake..... $1\frac{1}{2}$  cup moist coconut

For variation substitute  $\frac{1}{4}$  cup brown sugar for  $\frac{1}{4}$  cup white sugar.

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SPEEDY CARAMEL FROSTING

Melt in a large saucepan.....  $\frac{1}{2}$  cup butter  
Blend in..... 1 cup firmly packed brown  
sugar  
 $\frac{1}{4}$  tsp. salt  
Cook over low heat 2 min., stirring constantly.  
Add and continue stirring until  
to the boiling point.....  $\frac{1}{4}$  cup milk  
Remove from heat and  
blend in.....  $2\frac{1}{2}$  cups sifted powdered sugar  
Add and mix well.....  $\frac{1}{2}$  tsp. vanilla  
Thin with small amount of cream if necessary.  
Frosts 8'' to 9'' layer cake or half recipe frosts the top of a loaf  
cake.

## CANDY

Chocolate Fudge

Marshmallow Bars

Marshmallow Cream Fudge

No Cook Fondant

Popcorn Balls

Pralines

### CHOCOLATE FUDGE

Mix in a saucepan..... 3 cups sugar  
2 tbsp. corn syrup  
 $\frac{1}{4}$  cup cocoa  
pinch of salt  
 $\frac{3}{4}$  cup milk

Bring to a boil, stirring constantly. Continue to cook without stirring until it forms a soft ball in cold water. Remove from fire.

Add ..... 1 tsp. vanilla  
 $\frac{1}{2}$  cup chopped nuts

Pour on buttered plate or pan and cut in squares.

### MARSHMALLOW BARS

Melt in double boiler.....  $\frac{1}{3}$  cup butter  
32 marshmallows

Pour over ..... 5 cups Rice Krispies

Mix gently. Pat into greased 9 inch square pan. Cool. Cut in

## MARSHMALLOW CREAM FUDGE

1/4 tsp. salt

1/2 cup nuts, chopped (optional)

## NO-COOK FONDANT

1 tsp. vanilla

(Pieces may be dipped in milk chocolate; add a nut on top; or tinted with food coloring or peppermint flavoring instead of the vanilla.)

**POPCORN BALLS**

Keep 5 qts. popped corn hot and crisp in a 300° oven.

Cook to the very hard ball

stage..... 2 cups sugar  
1½ cups water  
½ tsp. salt  
½ cup corn syrup

Add and cook to the

light-crack stage..... 1 tsp. vinegar  
1 tsp. vanilla

Pour the syrup slowly over the popcorn; mix well to coat every kernel. Press in balls. Use fat on hands if necessary. Makes 20 popcorn balls.

**PRALINES**

Mix together and cook to the

soft ball stage..... 1 cup brown sugar  
2 cups white sugar  
3 tbsp. corn syrup  
¾ cup milk  
½ cup water

Remove from fire and cool to lukewarm.

Stir in..... 2 tsp. maple or vanilla  
flavoring  
1½ cups pecans

Beat until candy holds shape and drop by tsp. on waxed paper.  
Cool and store in air-tight container.



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## COOKIES

Chocolate Chip Cookies  
Cookie Jar Gingersnaps —  
Gumdrop Cookies  
Oatmeal Cookies  
Peanut Butter Cookies —  
Pecan Cookies  
Refrigerator Cookies  
Sand Tarts  
Snickerdoodles  
Saucepan Brownies  
Stir-N-Drop Sugar Cookies

### CHOCOLATE CHIP COOKIES

- Set oven to.....375° *degrees*
1. Cream together..... 1/2 cup fat  
6 tbsp. brown sugar  
6 tbsp. white sugar
2. Add and beat well..... 1 egg
3. Add and mix well after  
sifting together..... 1 1/8 cup flour  
1/2 tsp. salt  
1/2 tsp. soda

- ## COOKIE JAR GINGERSNAPS

To bake: Place balls 2" apart on ungreased cookie sheets. Bake in 350° oven 12 to 15 min. Cool cookies on wire racks; store in airtight containers. Make 4-5 dozen.

## GUMDROP COOKIES

Beat until light.....	4 eggs
	2 tbsp. water
Add and mix well.....	2 cup brown sugar
Add after sifting together.....	2 cup flour
	$\frac{1}{4}$ tsp. salt
	1 tsp. cinnamon
Stir in.....	1 cup chopped gumdrops
	$\frac{3}{4}$ cup chopped nuts

Bake in a 9" to 13" pan at 350° for 25 min. While warm spread with a powdered sugar frosting that may be flavored with 2 tbsp. orange juice and grated peel of one orange. Cool and cut in squares. Makes 3 dozen.

## OATMEAL COOKIES

Beat.....	2 eggs
Add.....	1 cup sugar
Melt (measure before melting)	$\frac{3}{4}$ cup fat
Pour the melted fat over.....	2 cups oats
Add.....	$\frac{1}{4}$ cup milk
Sift together.....	2 cups flour
	$\frac{1}{2}$ tsp. salt
	1 tsp. baking powder
	$\frac{1}{4}$ tsp. soda
	$\frac{1}{2}$ tsp. cinnamon
	$\frac{1}{2}$ tsp. cloves

Combine the above three mixtures, a small amount at a time, and beat well after each addition.

## PEANUT BUTTER COOKIES

## PECAN COOKIES

Thoroughly cream.....	1/2 cup shortening
	1/2 cup butter
	2 1/2 cup brown sugar
Add and beat well.....	2 well-beaten eggs

Measure and sift together.....	1 3/4 cup sifted flour
	1/2 tsp. salt
	1/3 tsp. soda
Cream.....	1/2 cup shortening
	1/2 cup brown sugar
	1/2 cup white sugar
Add and mix well.....	1 beaten egg
	3/4 tsp. vanilla

Gradually add the flour mixture and  $\frac{1}{2}$  cup chopped nuts. Make into a roll about  $1\frac{1}{2}$ " in diameter. Roll in waxed paper or pack in a narrow pan lined with waxed paper. Chill 5-6 hrs. Turn oven to  $375^{\circ}$  and lightly grease baking sheets. Cut dough  $\frac{1}{8}$ " thick. Bake 12 to 15 min. Cool on rack. Makes 50 cookies.

Cream.....	1 cup butter or margarine
	1/2 cup powdered sugar
Add.....	2 tsp. vanilla
	1 tbsp. water



Add and mix well..... 2 cup flour  
1 cup chopped nuts

Form small balls and place on ungreased cookie sheet at 300° for 20 min. or until delicately browned. While hot, roll in powdered sugar. Makes 3 doz.

### SNICKERDOODLES

Preheat oven to 400°

Mix together..... 1 cup soft shortening or  
butter

1½ cups sugar

2 eggs

Sift together..... 2¾ cups sifted flour

2 tsp. cream of tartar

1 tsp. soda

½ tsp. salt

Stir into first mixture. Mix well.

Roll into balls the size of walnuts.

Roll each in a mixture of..... 2 tbsp. sugar and  
2 tsp. cinnamon

Place 2 inches apart on ungreased cookie sheet.

Bake 8-10 min. ½ cup chopped pecans may be added.

### SAUCEPAN BROWNIES

Sift together into mixing bowl

or waxed paper..... ¾ cup sifted flour  
½ tsp. baking powder  
½ tsp. salt.

Place in saucepan over low  
heat to melt.....

4 T. = 1/4 C.

4 T. choc.  
2 sq. Baker's chocolate  
5 tbsp. butter or margarine

Remove pan from heat and  
blend in.....

1 cup sugar  
1/2 tsp. vanilla

Add one at a time and beat  
well.....

2 eggs

Stir in sifted dry ingredients.

Mix in..... 1/3 cup chopped nuts

Spread batter in an oiled 11" x 7" x 1 1/2" pan and sprinkle top  
with about 2 tsp. chopped nuts.

Bake at 350° for about 30 minutes.

Put pan on rack and cool for 8 to 10 min.

Cut in squares and remove from pan.

Finish cooling on rack and frost if desired.

## STIR-N-DROP SUGAR COOKIES

Heat oven to..... 400°

Beat with fork until well

blended..... 2 eggs

Stir in..... 2/3 cup cooking oil ✓

2 tsp. vanilla

1 tsp. grated lemond rind

Blend in until mixture thickens 3/4 cup sugar

Sift together and add to the

egg-mixture..... 2 cups sifted flour  
2 tsp. baking powder  
1/2 tsp. salt

This dough will be soft. Drop by teaspoonsful about 2" apart on an ungreased cookie sheet. Stamp each cookie flat with the bottom of a drinking glass which has been dipped in sugar (lightly oil glass before dipping).

Decorate with chocolate bits, colored candies, nuts or coconut. Bake 8 to 10 min.

Remove immediately from cookie sheet to cool on racks. Makes 3 doz. cookies 3" in diameter.

## DESSERTS

Apple Crisp  
 Banana Pudding  
 Cherry Delight  
 Date Pudding  
 Heavenly Hash  
 Ice Cream — Hand Freezer  
 Ice Cream — Refrigerator  
 Marshmallow Cream  
 Strawberry Jello  
 Vanilla Wafer Dessert

### APPLE CRISP

Set oven to 350°

Grease.....	6 cup baking dish
Mix.....	1/2 cup sifted flour
	1/2 cup dried milk
	3 tbsp. sugar
	1/4 tsp. nutmeg
	1/4 tsp. salt
	1 tsp. cinnamon
Mix into above mixture.....	1/2 cup butter
Place into greased baking dish...	4 cups pared, sliced tart apples

Sprinkle flour mixture on top of apples. Cover and bake on center rack of oven for 35 min. or until apples are tender. Serve warm with hard sauce. Makes 4 servings.

### BANANA PUDDING

Alternate.....layers of vanilla wafers  
(crushed or whole)  
1 pkg. prepared instant vanilla  
pudding or 1 recipe of cream pie  
filling  
Sliced ripe bananas  
Top with meringue made with...2 egg whites  
4 tbsp. sugar  
Brown in oven at 350° for 15 minutes.

### CHERRY DELIGHT

Serves 4-6

Place in a mixing bowl.....1 box cherry Jello  
1 cup boiling water

Stir until dissolved.

Add.....1 cup cold water

Cool in refrigerator or until mixture begins to thicken. Place the bowl in a bowl of cracked ice and beat the mixture until it becomes fluffy and has the consistency of whipped cream. Pile lightly into sherbet glasses and chill until firm. Citrus fruits may be added to this Jello or bananas and marshmallows. (Do not add raw pineapple as the acid prevents the Jello from setting.)



## DATE PUDDING

Mix together..... 1 lb. chopped dates  
1 tsp. soda  
1½ cups boiling water  
1-1/3 cups sugar  
3 tbsp. butter  
2 beaten eggs  
1½ cups flour  
1 cup chopped nuts

Bake 45 min. at 375° in a 9" x 13" pan.

Put pan in another pan which has about 1 in. of hot water to equalize the baking. Cool and cut in squares. May be served with whipped cream.

## HEAVENLY HASH PUDDING

Mix in order given..... 1 cup chopped marshmallows  
1 cup sugar  
1 cup grated or crushed  
pineapple  
1 tsp. vanilla or  
lemon extract  
1 cup cream, whipped  
1 small bottle maraschino  
cherries

Beat after each addition except the cream which is folded in last. Place in refrigerator tray and freeze.

## HAND-FREEZER VANILLA ICE CREAM

Makes 1 Gal.

Scald..... 2 qts. milk  
 Mix..... 1 1/2 cups sugar  
                   6 tbsp. flour  
                   1/2 tsp. salt

Moisten the dry ingredients

above with..... 1/2 cup cold milk

Add the above mixture to the scalded milk, stirring constantly.

Cook 20 minutes; stirring often. Remove from heat.

Add..... 2 well-beaten eggs

Cool mixture.

Add..... 2 cups cream

2 tsp. vanilla

Freeze in..... 8 parts ice to 1 part  
ice cream salt

Variations: Add..... 4 mashed bananas or  
                                   2 cups ripe fresh peaches or  
                                   frozen strawberries or  
                                   2 sq. melted Baker's  
                                   chocolate

## ICE CREAM — REFRIGERATOR

Set refrigerator for fast freezing.

Bring to a boil stirring

constantly..... 1/2 cup sugar  
                                   1/4 tsp. salt  
                                   1 cup milk

Cool and add..... 1 tbsp. vanilla

Whip ..... 1 cup whipping cream

Empty partially frozen mixture into bowl, beat until smooth, fold in whipped cream, pour back into tray and freeze, stirring often during first hour. Allow 3 or 4 hours for freezing. Cover tray with wax paper to prevent crystals from forming.

Fresh peach or strawberry.....add 1½ cups crushed fruit  
sweetened to taste

Banana.....add 1½ cups mashed bananas

Pineapple.....add No. 1 flat can crushed  
pineapple

Peppermint.....add 1/2 cup crushed peppermint  
candy

Chocolate Chip.....add 1 cup chocolate chips

Black Walnut.....add 1/2 cup chopped walnut  
meats

Beat ½ cup chilled evaporated milk until stiff.

Add..... 1/4 cup powdered milk  
1 tsp. vanilla

2 tbsp. sugar

2 tbsp. lemon

1 cup drained crushed  
pineapple

1/2 cup broken walnuts  
6 quartered maraschino  
cherries  
10 or 12 cut up  
marshmallows

Mix well, place in sherbet glasses, garnish with cherry or nut.  
Prepare no earlier than 2 hours before serving.

### STRAWBERRY JELLO

Dissolve 1 package strawberry Jello in 1 cup boiling water.  
Add.....1 pkg. unthawed frozen  
strawberries. Break with  
fork to separate

Chill until firm.

### VANILLA WAFER DESSERT

Combine and heat to boiling..... 1 cup unsweetened pineapple  
juice  
1/2 cup orange juice (either  
fresh or frozen)  
dash of salt

Add and stir until melted..... 24 marshmallows

Chill until slightly thickened.

Fold in..... 1 cup heavy cream, whipped

Alternate layers of marshmallow mixture and wafers in refrigera-  
tor tray, using wafers for bottom and top layers. Chill until firm.  
Cut in squares. Serves 6.

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## SWEET SAUCES

Chocolate Sauce

Cranberry Sauce

Hard Sauce

Lemon Sauce

### CHOCOLATE SAUCE

Combine in double boiler.....1-2/3 cups evaporated milk  
2 cups sugar  
3 squares bitter chocolate

Cook 15 min., stirring.

Cool and add..... 1 tsp. vanilla

Mix well. Use over ice cream, cake or pudding.

### CRANBERRY SAUCE

Wash and pick over..... 1 lb. (4 cups) cranberries

Add..... 2 cups hot water

Cook covered 10 min. or until skins pop.

Add.....1½ cups sugar

Stir until sugar dissolves. Cool. Serves 6.

For molded cranberry sauce, increase the sugar to 2 cups. Strain the cooled cranberries; add sugar; mold and chill.

### HARD SAUCE

Thoroughly cream..... ½ cup butter  
2 cups powdered sugar



The flavor may be varied by adding a small amount of lemon or orange juice and grated peel.

Mix together.....	1/2 cup sugar
	1 tbsp. cornstarch
	1/8 tsp. salt
	1/8 tsp. nutmeg
Gradually add and cook over low heat until thick and clear.....	1 cup water
Add and blend thoroughly.....	2 tbsp. butter
	1 1/2 tbsp. lemon juice

## EGGS AND CHEESE

Poached Eggs

Scrambled Eggs

Puffy Omelet

Souffle

Poached Eggs in Potato Nests

Creamed Eggs

Baked Eggs in Bacon Rings

"Fried" Eggs

Macaroni and Cheese

Cheese Puffit

Cheese Pudding

Welsh Rarebit

### POACHED EGGS

Grease the bottom of a shallow pan, add water to the depth of about 2" and heat to simmering. Break eggs one at a time into a saucer and slip into hot water. At very low heat cook until white is firm, about 5 minutes. Lift egg from water with slotted spoon and serve on buttered toast.

### SCRAMBLED EGGS

Break in mixing bowl.....	6 eggs
Add and beat slightly.....	6 tbsp. milk or cream
	1 tsp. salt

dash of black pepper

Melt in heavy skillet..... 3 tbsp. butter

Pour eggs in skillet and cook slowly, stirring until eggs are thick and firm. Remove from pan and serve at once.

For variety you may add..... 1 tbsp. chopped parsley

1/2 cup cottage cheese

1/2 cup grated cheese

1/2 cup chopped ham or dried beef

## PUFFY OMELET

Separate whites from yolks of....6 eggs  
Beat whites until stiff  
Add to yolks and beat.....1 tsp. salt  
dash black pepper  
6 tbsp. milk or cream

Fold egg yolk mixture into egg whites. Melt in heavy skillet 2 to 4 tbsp. butter. Pour egg mixture in skillet and cook slowly without stirring for about 20 min. Place pan in preheated 350° oven for 2 to 5 minutes or until top is dry. Loosen around edge with spatula. Cut through center of omelet, fold one side over the other and slide onto a hot plate. Serve immediately.

Variations: Sprinkle over the top of the omelet before cooking ½ cup grated cheese, chopped cooked ham, dried beef or flaked tuna.

## SOUFFLE

Prepare.....2 cups medium white sauce  
Separate.....5 eggs

Beat whites until stiff.

Add to yolks and beat.....1 tsp. salt  
5 tbsp. milk or cream

Add egg yolk mixture to white sauce and fold in egg whites. Pour into 6-cup greased casserole. Bake in a moderate oven 350° for 50 min. Serve immediately.

Variations: Add to hot white sauce before egg whites: 1 cup cheese, chopped dried beef, chopped baked ham or chopped cooked shrimp.

### POACHED EGGS IN POTATO NESTS

Prepare as directed on pkg.....1 pkg. Instant Mashed Potatoes  
Place in mounds on greased cookie sheet. Make depressions in center of mounds large enough to hold a poached egg. Add poached eggs. Garnish with strips of bacon and sprinkle with grated cheese. Place under a preheated broiler long enough to melt the cheese. This is an excellent supper dish.

### CREAMED EGGS

Prepare.....2 cups medium white sauce or  
1 can cream of mushroom soup  
Add.....4 chopped hard cooked eggs  
1 cup grated cheese

Serve at once over toast.

### EGGS BAKED IN BACON RINGS

Fry until crisp.....6 slices bacon  
Pour bacon drippings from pan.

Cut with biscuit cutter.....6 rounds of bread

Toast rounds in frying pan and place in muffin tins.

Add.....1 egg on each toast round

salt and pepper

small piece of butter

Bake in moderate oven  $350^{\circ}$  for 20 min. Remove with a spatula and serve with bacon.

### "FRIED" EGGS

Heat a small amount of fat in a shallow frying pan until moderately hot. Break eggs and drop in gently. Add 1 tsp. water for each egg. Cover pan tightly and cook over extremely low heat until white is firm, about 12 to 15 min. Sprinkle with salt and pepper.

### MACARONI AND CHEESE

Cook in boiling salted water.....  $\frac{1}{2}$  lb. elbow macaroni

Cover until tender. Drain.

Stir in..... 1 tbsp. butter

1 cup grated cheese

$\frac{1}{4}$  tsp. black pepper

$\frac{1}{4}$  tsp. dry mustard

Beat and stir into macaroni..... 3 eggs

Add..... 1 pint milk

Pour into greased baking dish, sprinkle  $\frac{1}{4}$  cup grated cheese on top, dot with butter and bake in a  $350^{\circ}$  oven 45 min.



## CHEESE PUFFIT

Grind together in meat grinder.. 1 cup cooked ham  
1 tsp. chopped onion  
Fry for about 3 min. in..... 2 tbsp. shortening  
Place in greased casserole.  
In a bowl beat..... 2 eggs  
Add..... 1 1/4 cups hot milk  
1/4 tsp. paprika  
1/2 tsp. salt  
1 tbsp. melted butter  
1 tbsp. chopped parsley  
(optional)  
Crumble and add to eggs..... 2 slices soft bread  
Stir in..... 1/4 lb. grated cheese  
Pour egg mixture into casserole over ham and bake in moderate oven 325° for 45 min.

## CHEESE PUDDING

Remove crusts, butter, cut  
in cubes..... 10 slices bread  
Mix..... 3 beaten eggs  
2 cups milk  
1 tsp. salt  
1/2 lb. grated cheese  
In a greased casserole alternate layers of bread cubes and other mixture. Let stand several hours before baking at 275° for 45 min.

**WELSH RAREBIT**

Prepare..... 2 cups medium white sauce

Add..... $\frac{1}{2}$  tsp. Worcestershire sauce

$\frac{1}{2}$  lb. grated cheese

Cook and stir until cheese melts.

Add..... 1 beaten egg

Cook and stir about 1 min. Serve over hot toast.

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## MAIN DISHES

Porcupine Meat Balls

Savory Beans and Meat Balls

Chili Con Carne

Spaghetti and Meat

Spaghetti Sauce

Tamale Pie

Beef Stew

Ham Loaf

Salmon Croquettes

Sea Food Casserole

Tuna Casserole

Ham and Potato Casserole

Pork Chop Casserole

## PORCUPINE MEAT BALLS

Mix well, shape into small

balls about 1½" in diameter..... 2 lb. lean ground beef

1 egg

½ cup milk

2/3 cup raw rice

2 tsp. salt

## SAVORY BEANS AND MEAT BALLS

Variation: Sausage may be used in place of ground beef.

## CHILI CON CARNE

Mix.....	1 lb. ground beef
	1/4 cup flour
	1 small minced onion
Brown in saucepan in.....	3 tbsp. cooking oil
Add.....	2 cups canned tomatoes
	1 1/2 tsp. salt
	dash cayenne pepper
	2 tbsp. chili powder

- 1 can kidney or brown  
beauty beans or
- 2 cups cooked beans and  
liquid

Cook over low heat, stirring often, for 45 min. Serve with crackers.

### SPAGHETTI AND MEAT

- Heat in saucepan.....3 tbsp. cooking oil
- Stir and cook until brown.....1 chopped onion
- 1 lb. ground beef
- Add.....1 cup broken uncooked  
spaghetti
- 2 cups tomato juice or canned  
tomatoes
- 1 cup catsup
- 1 tsp. salt

Bring to a boil, then simmer covered for 30 min., stirring occasionally or until spaghetti is tender.

### SPAGHETTI SAUCE

- In a heavy saucepan heat..... 3 tbsp. cooking oil
- Brown lightly, stirring..... 1 medium diced onion
- 1 lb. lean ground beef
- Add..... 1 No. 2 can tomatoes or
- 1 8-oz. can tomato sauce or
- 1 can tomato soup
- 1 tsp. salt
- 1/4 tsp. black pepper



1 clove minced garlic or  
 1/4 tsp. garlic salt  
 1/2 cup water

Cover and simmer 1 hr. Serve poured over or combined with hot drained spaghetti. Sprinkle with Parmesan Cheese.

### TAMALE PIE

Prepare.....1 recipe of Spaghetti Sauce +  
 2 tbsp. chili powder

Arrange sauce in greased casserole with alternate layers of corn meal mush (recipe follows) ending with mush. Bake in moderate oven 325° for 1 hr. Sprinkle with grated cheese last 15 min.

### CORN MEAL MUSH

Bring to boil in large saucepan 6 cups water  
 2 tsp. salt  
 1 1/2 tbsp. chili powder

Stir in and cook 15 min.,  
 stirring constantly..... 2 cups yellow meal

### BEEF STEW

In large saucepan heat..... 2 tbsp. shortening  
 Brown..... 2 lb. stew meat cut in cubes  
 Add..... 4 cups boiling water  
 1/2 cup diced onion  
 1 green pepper, diced  
 1 cup chopped celery

- 1 cup cut carrots
- 2 cups potato chunks
- 1 tsp. salt
- $\frac{1}{2}$  tsp. black pepper
- 1 No. 2 can of tomatoes

Bring to boil. Reduce heat to slow. Cook 2 hours. If a thick gravy is desired, the liquid may be thickened with cornstarch or flour.

### HAM LOAF

- Grind together.....  $\frac{3}{4}$  lb. ham
- $\frac{1}{2}$  lb. veal
- $\frac{1}{4}$  lb. pork
- Mix into meat..... 2 well beaten eggs
- $\frac{3}{4}$  cup soft bread crumbs
- $\frac{3}{4}$  cup milk
- $\frac{1}{2}$  tsp. salt
- dash black pepper

Pat mixture into loaf pan.

- Spread with mixture of..... 2 tsp. prepared mustard
- $\frac{1}{4}$  cup brown sugar

- Pour over the loaf.....  $\frac{1}{3}$  cup pineapple juice

Bake in  $350^{\circ}$  oven  $1\frac{1}{2}$  hours.

### SALMON CROQUETTES

- Drain and remove bones from... 1 No. 2 can salmon
- Combine with..... 1 recipe thick white sauce

Cool. Shape into small rolls.

Dip in.....2 beaten eggs and 2 tbsp.  
water

Roll in.....2 cups cracker crumbs

Fry in deep hot fat 5 min. Drain on absorbent paper. Serve with  
tartar sauce or lemon slices.

### SEA FOOD CASSEROLE

In frying pan melt.....  $\frac{1}{2}$  cup butter or margarine

Add and toast 3 min..... 1 cup bread crumbs

Remove from heat.

Combine in mixing bowl..... 1 cup chopped celery  
1 medium onion chopped  
1 minced green pepper  
1 tsp. salt  
 $\frac{1}{2}$  tsp. black pepper  
1 tbsp. Worcestershire sauce  
 $\frac{1}{2}$  cup mayonnaise

Add.....buttered bread crumbs

No. 1 can crab meat or 1  
can drained salmon or  
2 cans tuna fish

Turn into 6-cup casserole. Bake in  $350^{\circ}$  oven 30 minutes.

### TUNA CASSEROLE

Cook 10 minutes, drain.....1 8-oz. pkg. broad noodles  
2 qts. salted water

Wash in hot water in sieve.....1 can tuna fish  
 Prepare.....3 cups medium white sauce  
 Combine tuna and white sauce. Arrange alternate layers of noodles and tuna in a greased casserole. Top with  $\frac{1}{2}$  cup grated cheese. Bake in  $350^{\circ}$  oven about 20 minutes.  
 VARIATION: Cooked sliced potatoes may be used in place of noodles.

### HAM AND POTATO CASSEROLE

Fry in 1 tbsp. bacon drippings.. 1 lb. sliced ham  $\frac{1}{2}$  inch thick or 2 cups chopped ham  
 Place in bottom of buttered casserole.  
 Pare, slice and arrange  
 over ham..... 6 or 8 medium potatoes  
 Prepare and pour over  
 potatoes..... $1\frac{1}{2}$  cups medium white sauce  
 Bake in slow oven  $325^{\circ}$  for 1 hour. Cover for first  $\frac{1}{2}$  hour. Then remove cover.

### PORK CHOP CASSEROLE

Heat in skillet..... 1 tbsp. fat  
 Brown..... 5 loin or rib pork chops  
 salt and pepper  
 Arrange in buttered casserole  
 with alternate layers of a  
 mixture of..... 1 No. 2 can cream style corn

1/3 cup diced green pepper

Pour over..... 1/2 cup hot water

Cover. Bake in moderate oven 350° for 45 min. Remove cover and bake 15 min. longer.



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## MEATS

Juicy Meat Loaf  
Country Fried Steak  
Minute Steak  
Broiled Steak  
Roast Beef  
Beef Pot Roast  
Roast Pork  
Baked Ham  
Roast Chicken  
Giblet Gravy  
Stuffing  
Southern Fried Chicken  
Chicken Fricassee  
Barbecue

### JUICY MEAT LOAF

Mix well.....	1 lb. lean ground meat
	1/3 cup bread crumbs or rolled oats
	1/4 cup minced onion
	1 cup tomatoes canned or

$\frac{1}{2}$  tomatoes and  $\frac{1}{2}$  catsup

$\frac{1}{2}$  cup Instant Nonfat Dry  
Milk

$1\frac{1}{4}$  tsp. salt

$\frac{1}{8}$  tsp. black pepper

1 tbsp. Worcestershire sauce

Shape into a loaf. Place in greased baking dish. Bake 1 hr. at  $350^{\circ}$

Variation: Instead of shaping into a loaf, place in baking dish in layers with either mashed potatoes or bread stuffing.

### COUNTRY FRIED STEAK

For this type of steak use Round steak cut about  $\frac{3}{4}$  inch thick. Either have your butcher cube it for you or, if you like to do the complete job, sprinkle the steak generously with salt and black pepper. Dredge well with flour and pound the steak vigorously on both sides. Cut steak into individual servings and brown in heavy frying pan using  $\frac{1}{2}$  cup hot shortening.

Variation: This same steak may be Smothered by following the same recipe then adding 2 cups boiling water when the steak is brown, reduce the heat to low and cover the frying pan. You will find this has more moisture than the first recipe. Onion rings may be added at the same time as the water. This recipe will require 30 minutes additional cooking time after the cover has been placed on the frying pan.

### MINUTE STEAK

These steaks are sometimes called Cubed steaks. Do NOT SEASON before cooking. Fry quickly in a HOT frying pan which has been very lightly greased, 1 minute to the side. Season and eat while hot.

### BROILED STEAK

Select a Porterhouse, T-bone, Sirloin, Club or Tenderloin steak of the desired size. A broiled steak should be at least 1 inch thick but is better if you can afford one 2 inches thick. Slash the fatty edge of the steak in several places, again DO NOT SEASON, place steak on rack in broiling pan, adjust pan on rack in your oven about 4 inches from the heat. Broil on one side, season with salt and pepper, turn and broil on the other side, season and serve.

TIME:	1 inch steak	15 to 20 minutes
	2 inch steak	30 to 35 minutes

### ROAST BEEF

Select a nice roast about 4 pounds. Rib, Sirloin Tip or Chuck are considered good cuts. Wipe your roast with a damp cloth to remove all particles of bone and fat. Rub the roast well with 3 tsp. salt and 1/2 tsp. black pepper. Place in a roasting pan on a rack with the fat side of the meat up. DO NOT COVER the pan. Roast at a slow temperature (325°) to the desired degree of doneness.

Rare	18-20 minutes per pound
Medium	22-25 minutes per pound
Well-Done	27-30 minutes per pound

**BROWN GRAVY:** Remove the roast from the roaster and pour off all but 4 tbsp. of the drippings. Add 4 tbsp. flour, 1 tsp. salt and  $\frac{1}{4}$  tsp. black pepper. Stir over medium heat until flour is brown. Add 2 cups hot water, bring to a boil stirring constantly until gravy is thick. If it is too thick,  $\frac{1}{2}$  cup milk may be added just before removing from the heat.

### BEEF POT ROAST

Select a roast of about 4 pounds with little or no bone. Wipe clean with a damp cloth, rub with 3 tsp. salt and  $\frac{1}{2}$  tsp. black pepper. Brown roast slowly on all sides. Use either deep-well cooker, dutch oven or heavy skillet with about 4 tbsp. hot shortening to keep roast from burning while browning. Add  $\frac{1}{2}$  cup water, cover and simmer until completely tender, about 3 hours. The last  $\frac{1}{2}$  hour of cooking add potatoes, carrots and onions if desired. Allow one of each per serving.

### ROAST PORK (Fresh Ham or Loin)

Use same recipe as for Roast Beef but increase the cooking time to 35-40 minutes per pound. Pork should always be well done.

### BAKED HAM

Place whole or half ham, fat side up in open roasting pan. Bake in slow oven ( $325^{\circ}$ ) 20-25 minutes per pound. Before baking the

ham may be decorated with whole cloves inserted into the fat side of the meat, or while baking the ham may be basted with pineapple juice drained from a No. 2 can of sliced pineapple. The slices may be used as a garnish when serving.

### ROAST CHICKEN

(Same recipe may be used for Turkey, Goose or Duck)

Select a young hen of nice roasting size. Clean chicken carefully being sure that all pinfeathers and entrails are removed. Rub with seasoning (salt and pepper depending upon size of chicken). Wrap well with aluminum foil. Roast in slow oven ( $325^{\circ}$ ) 25-30 minutes per pound. Remove foil and brown in OPEN pan 15 minutes.

### GIBLET GRAVY

Follow the directions for BROWN BEEF GRAVY adding the chopped giblets.

### STUFFING

To 4 cups dry bread cubes (light bread, corn bread or combination), add 3 tbsp. chopped onion, 1 tsp. salt,  $\frac{1}{4}$  tsp. black pepper,  $\frac{1}{4}$  tsp. poultry seasoning,  $\frac{1}{3}$  cup melted butter or margarine and enough hot water or chicken broth to moisten. Toss gently to mix. Allow 1 cup stuffing per pound for poultry or game.

Variations:

Celery stuffing.....Add  $1\frac{1}{2}$  cup finely chopped  
celery



Chestnut stuffing.....Add 1 cup chopped celery  
and 2 cups chopped boiled  
chestnuts

Oyster stuffing.....Add 1/2 cup chopped celery  
and 2 cups oysters

### SOUTHERN FRIED CHICKEN

Select a young fryer about 2½ or 3 lbs. Either have your butcher disjoint it or do it yourself. Put into a brown paper bag ½ cup flour, 1½ tsp. salt, and ¼ tsp. black pepper. Drop chicken pieces into the flour and shake well to lightly coat them. Use a heavy skillet for frying with cooking oil about 1 inch deep or use your fryer following directions for its use. Heat oil to 350°. Carefully place chicken pieces in the oil being sure that the thicker pieces are near the center of the pan. Cover and cook 10-15 min. Turn the chicken pieces and brown then reduce heat and finish cooking WITHOUT the cover.

### CHICKEN FRICASSEE

Prepare 1 young hen about 4-5 pounds as for fried chicken. Brown in 2 tbsp. shortening and 1 tbsp. butter or margarine. When brown add ½ cup liquid (either water, milk or chicken broth). Reduce heat to simmer, cover pan tightly and cook until perfectly tender, adding more liquid if necessary while cooking. It will require between 1½-2 hours.

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BARBECUE

Heat in saucepan.....	3	tbasp. cooking oil
Saute .....	1	medium chopped onion
Add and simmer 15 min.....	1	tbasp. sugar
	1	tsp. dry mustard
	1	tsp. salt
	1/4	tsp. black pepper
	1	tsp. paprika
	1/2	cup catsup
	1/2	cup water
	1/4	cup vinegar
	1	tbasp. Worcestershire sauce

Pour over cooked or uncooked frankfurters, hamburgers, sliced roast beef or pork, ribs, chicken or fish. Bake in moderate oven or simmer on top of stove.

## PIES

Plain Pastry

Crumb Pie Crust

Meringue

Apple, Peach or Rhubarb Pie

Berry Pie—Blackberry, Blueberry, Raspberry, Strawberry,  
Loganberry, Boysenberry or Gooseberry

Cherry Pie

Chocolate Chip Custard

Cream Pie—Vanilla, Banana, Chocolate, Coconut, Fruit,  
Butterscotch

Custard Pie

Lemon Meringue Pie

Lemon Ice Box Pie

Pecan Pie

Peanut Butter Pie

Pumpkin Pie

Strawberry Parfait Pie—Banana Parfait, Pineapple Parfait

Raisin Pie

**PLAIN PASTRY — TWO CRUST 9" PIE**

Sift into mixing bowl..... 2 cups sifted flour  
1 tsp. salt

Cut in with pastry blender..... $\frac{2}{3}$  cup shortening

Add and mix lightly..... 4 tbsp. cold water

Press dough with fingers until it sticks together in a ball. Place  $\frac{1}{2}$  the dough on a lightly floured board, canvas, or wax paper and roll with floured rolling pin to about  $\frac{1}{8}$  inch thickness. Roll from center to edges to form a circle about 1 inch larger than pan. Fold dough for ease in transferring to pan. Unfold and press dough in place. Add filling, roll remaining dough and cover top of pie. Cut edges with knife or scissors. Press edges together with fork or fingers. Make several slits in top crust. Bake in hot oven  $425^{\circ}$ . For a single crust use  $\frac{1}{2}$  recipe and bake either over back or inside of pie pan. Prick with a fork before baking at  $425^{\circ}$  for 12 min. Cool before adding filling.

**CRUMB PIE CRUST**

Melt in pie pan in oven.....  $\frac{1}{2}$  cup butter or margarine

Add and mix well.....  $1\frac{1}{2}$  cups graham cracker  
crumbs

$\frac{1}{4}$  cup sugar

Take out  $\frac{1}{4}$  cup crumbs to sprinkle on top of pie. Press crumbs evenly on bottom and sides of pan to form a crust. Chill for 20 min. or bake 10 min. in a moderate ( $350^{\circ}$ ) oven. This crust may be made with vanilla wafers, chocolate cookies, or gingersnaps in place of graham crackers, omitting the sugar.

# MERINGUE

Beat until stiff..... 2 egg whites

Add gradually, beating until

well mixed..... 4 tbsp. sugar

$\frac{1}{8}$  tsp. salt

1/2 tsp. flavoring

Pile on pie and bake in slow oven ( $325^{\circ}$ ) for 15 minutes.

## APPLE PIE

Pare and slice thin..... 5 to 7 tart apples

Mix together, mix with apples

and place in pastry-lined pan..... 1 cup sugar

2 tbsp. flour

1/8 tsp. salt

1 tsp. cinnamon

1/4 tsp. nutmeg

Dot with..... 2 tbsp. butter

Cover with top crust. Bake 45 min. at 400°

PEACH PIE: Follow recipe for apple pie using 4 cups sliced peaches in place of apples. Reduce sugar to  $\frac{3}{4}$  cup.

RHUBARB PIE: Substitute 4 cups rhubarb cut in 1 inch pieces for apples, omit spices, and increase sugar to 1½ cups.



**BERRY PIE**

Blackberry, Blueberry, Raspberry, Strawberry, Loganberry,  
Boysenberry or Gooseberry

Mix..... 1 cup sugar  
1/3 cup flour  
1/2 tsp. cinnamon  
Mix lightly through..... 4 cups washed capped fresh  
berries

Pour into pastry-lined pan

Dot with.....1 1/2 tbsp. butter

Cover with top crust. Slit several places. Bake at 425° for 35  
minutes.

**CHERRY PIE**

Follow recipe for Berry Pie, using 4 cups pitted fresh or canned  
sour cherries instead of berries. Omit cinnamon.

**CHOCOLATE CHIP CUSTARD**

Beat in mixing bowl..... 4 egg yolks  
Stir in..... 1/2 cup sugar  
Slowly add, stirring..... 2 cups scalded milk  
Add and stir..... 1 tbsp. (1 envelope) un-  
flavored gelatin soaked in  
1/4 cup cold water  
Add..... 1 tsp. vanilla  
Cool. Pour into baked pie shell.  
Sprinkle with..... 1/2 cup chocolate chips  
Cover with meringue made from the four egg whites and 1/2 cup  
sugar.

Vanilla, Banana, Chocolate, Coconut, Fruit or Butterscotch

1/3 cup flour

$\frac{1}{4}$  tsp. salt

Cook stirring until thick.

Beat in and cook 1 min..... 3 beaten egg yolks

Remove from heat. Add..... 2 tsp. butter

1 tsp. vanilla

Pour into baked pie shell or crumb crust. Top with meringue made with 3 egg whites and 6 tbsp. sugar or serve with sweetened whipped cream.

BANANA—Add 2 sliced bananas to cooled pie filling.

CHOCOLATE—Mix 6 tbsp. cocoa with sugar and flour in cream pie or add 2 oz. unsweetened chocolate to hot mixture. Increase sugar to 1 cup.

COCONUT—Stir 1 cup shredded coconut into cream pie filling and sprinkle ½ cup coconut on top of meringue before browning.

FRUIT—Stir 1½ cups drained salad fruit or fruit cocktail and a few slices of banana into cream pie filling.

BUTTERSCOTCH—Use 1 cup brown sugar in place of white sugar in cream pie and increase butter to 3 tbsp.

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CUSTARD PIE

Beat slightly..... 3 eggs or 6 egg yolks  
Combine and mix into eggs.....  $\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{4}$  tsp. nutmeg  
 $\frac{1}{2}$  tsp. vanilla  
Slowly add and mix..... 2 cups scalded milk

Pour into unbaked pie crust. Bake in a hot oven ( $450^{\circ}$ ) for 10 min.  
then in moderate oven ( $325^{\circ}$ ) for 25 min. or until a knife inserted  
in pie comes out clean. Serve hot or cold.

## LEMON MERINGUE PIE

Combine in top of double  
boiler..... 1 cup sugar  
 $1\frac{1}{4}$  cups water  
1 tbsp. butter  
Add.....  $\frac{1}{4}$  cup cornstarch blended  
with 3 tbsp. cold water  
Cook, stirring 10 min.  
Add, stirring well..... 6 tbsp. lemon juice  
1 tsp. grated lemon rind  
3 egg yolks beaten with  
2 tbsp. milk

Cook 3 min. Pour into baked pie crust.

**MERINGUE**

Beat until stiff..... 3 egg whites

Gradually beat in..... 6 tbsp. sugar

1 tsp. lemon juice

Spread over cooled filling. Brown in moderate oven ( $350^{\circ}$ ) for 15 min.

**LEMON ICE BOX PIE**

Combine and mix well..... 1 can ( $1\frac{1}{2}$  cups) condensed milk

$\frac{1}{2}$  cup lemon juice

1 tsp. grated lemon rind

2 beaten egg yolks

Pour into baked or crumb crust. Chill. Top with meringue or whipped cream.

**PECAN PIE**

Combine in mixing bowl..... 3 beaten eggs

1 cup sugar

Add and mix well..... 1 cup light corn syrup

1 cup pecans

1 tsp. vanilla

Pour into unbaked pie crust. Bake in a slow oven ( $300^{\circ}$ ) for 1 hr.

**PUMPKIN PIE**

Thoroughly mix.....  $1\frac{1}{2}$  cups cooked or canned pumpkin

$\frac{3}{4}$  cup sugar

$\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  tsp. ginger  
1 tsp. cinnamon  
 $\frac{1}{4}$  tsp. nutmeg  
3 beaten eggs  
 $1\frac{1}{4}$  cups milk  
 $\frac{3}{4}$  cups evaporated milk  
or cream

Pour into pastry-lined pan and bake 10 min. at  $450^{\circ}$ , then 45 min. at  $325^{\circ}$ .  $\frac{1}{2}$  cup chopped pecans and  $\frac{1}{2}$  cup chopped dates may be added. Serve warm or cold with whipped cream.

### STRAWBERRY PARFAIT PIE

Dissolve..... 1 pkg. lemon Jello in  
 $1\frac{1}{2}$  cups boiling water

Add by spoonful stirring  
until melted..... 1 pint strawberry ice cream

Chill until thick, not set.

Fold in.....  $1\frac{1}{2}$  cups fresh or frozen  
strawberries

Pour into baked or crumb crust. Chill until firm.

BANANA PARFAIT PIE—Follow directions for Strawberry Parfait Pie using cherry Jello, vanilla ice cream and sliced bananas.

PINEAPPLE PARFAIT PIE—Use lime Jello, pineapple juice in place of water, vanilla ice cream and crushed pineapple.



## RAISIN PIE

Mix in saucepan..... 1 cup brown sugar  
6 tbsp. flour  
1  $\frac{3}{4}$  cups water  
1/2 cup orange juice  
1/3 cup lemon juice  
1 tsp. grated lemon rind  
1 tsp. grated orange rind  
2 cups seeded raisins

Cook stirring constantly for 5 min. Pour into uncooked pastry.  
Bake in hot oven (400°) for 40 min.

## SALADS

Salad Bowl

Waldorf Salad

Chicken, Crabmeat, Tuna, Shrimp or Salmon Salad

Old-Fashioned Cole Slaw

Cabbage Salad

Molded Gelatin Salad

Fruit Salad

Potato Salad

Wilted Leaf Lettuce

Orange and Grapefruit Salad

Fruit and Cheese Salad

Bean or Pea Salad

## SALAD DRESSINGS

French Dressing — Roquefort, Garlic, Catsup

Mayonnaise

Thousand Island Dressing

Fruit Dressing

## SALAD BOWL

Break into bite-size pieces.....  $\frac{1}{2}$  head lettuce  
 $\frac{1}{4}$  bunch curly endive  
 $\frac{1}{2}$  bunch water cress

Cut in bite-size pieces  
and add..... 2 tomatoes  
2 stalks celery

Slice and add..... 6 radishes  
 $\frac{1}{2}$  green pepper  
3 green onions

Pour over and toss lightly.....  $\frac{1}{4}$  cup French Dressing

Good topped with..... anchovies  
sliced cheese  
cooked shrimp or  
chicken or turkey slices

## WALDORF SALAD

Mix together just before  
serving..... 2 cups diced apple  
1 cup diced celery  
 $\frac{1}{2}$  cup broken nuts  
 $\frac{1}{2}$  cup mayonnaise or  
fruit dressing

Serve on shredded lettuce.

Combine.....

- 2 cups cooked or canned flaked or chopped chicken, crabmeat, tuna, shrimp or salmon
- 1 cup diced celery
- 3 hard-cooked eggs chopped
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{8}$  tsp. black pepper
- juice of 1 lemon
- $\frac{1}{2}$  cup mayonnaise

Mix lightly with a fork.....

- 2 cups shredded cabbage
- 1/2 cup minced celery
- 1 tsp. scraped onion
- 1 tbsp. sugar
- 1 tbsp. vinegar
- 6 tbsp cream
- 1 tsp. prepared mustard
- 1 tbsp. mayonniase
- 1 tsp. salt

Serve at once.

Toss lightly with a fork.....2½ cups shredded cabbage  
1 cup chopped apple  
½ cup broken nut meats  
¼ tsp. salt  
1/3 cup mayonnaise

Drained pineapple chunks, cut up marshmallows and small green grapes.

Raisins, grated carrots, and celery seed.

Cut up tomato and cucumber.

## Prepare by instructions

on pkg.....	1 pkg. flavored gelatin
Add for fruit salad.....	2 tbsp. lemon juice or
for vegetable salad.....	2 tbsp. vinegar
Chill until thick — add.....	1½ to 2½ cups drained cut- up fruit, vegetables or sea food

Pour into mold. Chill. When firm unmold on shredded lettuce. Serve with mayonnaise or fruit dressing.

Suggested combinations for Gelatin Salads:

Grated raw carrots, crushed pineapple in lemon or orange gelatin.

In lemon or lime gelatin, 1/2 tsp. salt, 1 tbsp. minced onion, 1 tbsp.



minced green pepper, 2 tbsp. chopped celery and 1 cup cottage cheese.

In lemon gelatin, 1 cup flaked lobster, crabmeat, shrimp, tuna, or salmon,  $\frac{1}{2}$  cup sliced celery,  $\frac{1}{2}$  tsp. prepared mustard and a dash of salt.

### FRUIT SALAD

Mix lightly..... 1 No. 2 can salad fruits or  
fruit cocktail drained  
1 sliced banana  
1 chopped apple  
1 cup cut-up marshmallows  
1 cup orange sections  
 $\frac{1}{2}$  cup broken nut meats  
 $\frac{1}{2}$  cup fruit dressing or  
whipped cream

Serve at once.

### POTATO SALAD

Boil in jackets, cool, peel

and cut in cubes..... 6 medium potatoes

Add and mix lightly..... 1 small chopped onion  
3 sliced hard-cooked eggs  
1 cup chopped celery  
 $\frac{1}{2}$  cup chopped pickle  
 $1\frac{1}{2}$  tsp. salt  
 $\frac{1}{4}$  tsp. paprika  
 ~~$\frac{1}{2}$  cup French Dressing~~ *omit*

Just before serving mix with.....  $\frac{1}{2}$  cup mayonnaise  
1 tsp. prepared mustard

Variation: Use hot mashed or cubed potatoes. Add 1 cup sliced vienna sausage.

### WILTED LEAF LETTUCE

Shred in hot bowl..... 2 bunches leaf lettuce  
Add..... 1 tsp. salt  
 $\frac{1}{2}$  tsp. pepper  
2 tsp. sugar  
2 green onions chopped  
Fry until crisp..... 4 slices chopped bacon  
Add.....  $\frac{1}{4}$  cup vinegar  
2 tbsp. water

Heat and pour over lettuce. Garnish with sliced hard-cooked eggs.

### ORANGE AND GRAPEFRUIT SALAD

Arrange fresh or canned grapefruit and orange sections on shredded lettuce. Serve with French Dressing.

### FRUIT AND CHEESE SALAD

Arrange a pineapple slice, half a peach or pear on shredded lettuce. Top with cottage cheese, cream cheese or mayonnaise and grated cheese.

## BEAN OR PEA SALAD

Drain.....	1 No. 2 can kidney beans or green peas
Mix with.....	3 chopped pickles 1 small minced onion 2 hard-cooked eggs, sliced 1/2 cup chopped cheese 1/2 tsp. salt 1/8 tsp. pepper 1/4 cup mayonnaise

Chill. Serve on shredded lettuce.

## SALAD DRESSINGS

## FRENCH DRESSING

Shake well in covered jar.....	1 cup salad oil 1/4 cup vinegar 1/4 cup lemon juice 1 tsp. salt 1/2 tsp. dry mustard 1/2 tsp. paprika
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Keep covered in refrigerator. Shake before serving.

ROQUEFORT DRESSING: To 1/2 cup French Dressing, add 1/4 cup Roquefort Cheese which has been mashed with 1/4 tsp. Worcestershire sauce.

GARLIC FRENCH DRESSING: Add 1 clove crushed garlic to 1/2 cup French Dressing.

CATSUP DRESSING: To  $\frac{1}{2}$  cup French Dressing add  $\frac{1}{2}$  cup catsup.  
Mix well.

### MAYONNAISE

Beat together with rotary

beater or electric mixer.....	1 egg yolk
	1 tsp. dry mustard
	1 tsp. sugar
	$\frac{1}{4}$ tsp. salt
	dash of cayenne
	1 tbsp. vinegar or lemon juice

Continue beating while adding

slowly until thick.....	1 cup salad oil
Add another.....	1 tbsp. vinegar or lemon juice

### THOUSAND ISLAND DRESSING

Mix together.....	1 cup mayonnaise
	$\frac{1}{4}$ cup chili sauce or catsup
	3 hard cooked eggs, chopped
	$1\frac{1}{2}$ tbsp. chopped pickle
	$\frac{1}{3}$ cup chopped celery
	1 chopped green pepper
	1 small onion minced

## FRUIT DRESSING

Mix in saucepan.....  $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  tsp. salt  
4 tsp. cornstarch

Add and mix well..... 1 beaten egg  
juice of 1 lemon  
juice of 1 orange  
 $\frac{1}{2}$  cup pineapple juice

Cook over low heat, stirring constantly until smooth and thick.  
Chill. Add 1 cup heavy whipped cream just before serving.



## SANDWICHES

### Suggested Fillings:

1. Cooked ham, roast, or chicken, ground or finely chopped and mixed with pickle relish, chopped hard-cooked egg and mayonnaise.
2. Flaked tuna, crabmeat, or lobster, finely cut celery, hard-cooked egg and mayonnaise.
3. Grilled cheese with bacon and sliced tomato on toast.
4. Seasoned hamburger spread thinly on buttered bun and broiled.
5. Softened cream cheese with chopped stuffed olives.
6. Sliced American Cheese, thinly sliced fried ham, and mustard on rye bread.
7. Eggs scrambled with minced onion, green pepper, and ham on bun.
8. Cheese softened in top of double boiler and pimienta and milk. Beat until of spreading consistency.
9. Deviled ham, minced hard-cooked eggs.
10. Ribbon sandwiches: Use 3 slices of bread, alternating dark and light slices. Put together with two spreads as pimienta cheese and deviled ham. Cut off crusts and slice into 3 finger sandwiches. For a sweet sandwich to serve with fruit plate use peanut butter and jelly fillings.

## SOUPS

Quick Soups

Brown Soup Stock

Vegetable Soup

Navy or Lima Bean Soup

Split Pea Soup

Standard Cream Soup

Cream of Tomato Soup

Barley Soup

Potato Soup

Corn Chowder

Fish Chowder

Soup Accompaniments

## QUICK SOUPS

A hearty bowl of steaming soup can be quickly concocted from a can of soup + 1½ cups of milk or water. Canned soup is also available frozen.

For a real treat try some of the following mixtures from cans: Tomato and Green Pea mixed in the bowl.

Cream of Celery and Chicken Noodle.

Tomato and Clam Chowder.

Tomato and Cream of Mushroom.

Cream of Chicken and Mushroom.

**BROWN SOUP STOCK**

Remove 1/2 meat from..... 5 or 6 lb. cracked knuckle

Cook bone in kettle in..... 3 qts. cold water

Brown marrow and meat.

Add to soup bone. Cook covered

3 hrs. at low heat.

Add chopped..... 1 onion

1 carrot

1 stalk celery

1 turnip

2 or 3 sprigs parsley

1 small bay leaf

6 whole black peppers

1 tbsp. salt

Cook for 2 hrs. Strain. Use as base for onion soup or consommé.

Freeze surplus.

**VEGETABLE SOUP**

In a large kettle place..... 3 lb. cracked shank soup  
bone

Add and cook 6 hrs.

over low heat, covered..... 3 qts. cold water

1 tbsp. salt

1 bay leaf

Remove bone, cool and remove fat.

Add and cook 1 hr. 2 cups canned tomatoes

1 cup diced carrots

1 1/2 cups sliced celery

2 diced onions  
1 tbsp. salt  
 $\frac{1}{2}$  tsp. pepper

Serves 8 to 10.

### NAVY OR LIMA BEAN SOUP

Wash and place in large  
kettle with 2 qts. water.....

2 cups navy or lima beans  
a ham bone

Add and cook until tender,  
about  $\frac{1}{2}$  hr.....

3 small chopped onions  
1 cup chopped carrot  
 $\frac{1}{2}$  cup minced green pepper  
1 cup canned tomato  
1 tbsp. salt  
 $\frac{1}{4}$  tsp. pepper

Cover, simmer until tender. Mash beans with potato masher.  
Serves 10.

### SPLIT PEA SOUP

Cook in covered kettle  
about 1 hr.....

2 qts. cold water  
2 cups green split peas  
2 stalks chopped celery  
2 chopped carrots  
1 minced onion  
 $\frac{1}{4}$  tsp. dried thyme  
 $\frac{1}{4}$  tsp. dried marjoram  
1 bay leaf  
1 tbsp. salt

1/2 tsp. pepper

Mash with potato masher or force through sieve. Serve hot.

### STANDARD CREAM SOUP

Melt in large saucepan..... 2 tbsp. butter

Blend in..... 2 tbsp. flour

1 tsp. salt

1/4 tsp. pepper

Stir in and cook, stirring

constantly until boiling..... 4 cups milk or vegetable  
stock and milk

Add..... 2 cups cooked vegetables or  
vegetable pulp

Serve at once. Suggested vegetables: mushrooms, celery, potato, onion, cream-style corn, pureed peas or asparagus.

For OYSTER STEW substitute 1 pint oysters for vegetables. Other seasonings which may be added are: celery salt, onion juice and thyme.

### CREAM OF TOMATO SOUP

Melt in saucepan..... 2 tbsp. butter

Brown..... 1 tsp. minced onion

Stir in..... 3 tbsp. flour

2 tsp. sugar

1 tsp. salt

1/8 tsp. pepper

Gradually stir in. Boil 1 min.. 2 cups tomato juice

Stir into gradually..... 2 cups cold milk

Heat rapidly. Serve at once.



## BARLEY SOUP

Wash.....	1/2 cup barley
Cook for 2 hrs. in.....	1 qt. water
	1 tsp. salt
Add.....	2 qts. soup stock
	1/2 cup diced celery
	1/2 cup diced onion
	1/2 cup diced carrot
	1 chopped green pepper

Cook  $\frac{1}{2}$  hour. Serves 6.

## POTATO SOUP

Scald.....	4 cups milk
Add.....	2 tbsp. minced onion
	2 cups cubed cooked potatoes
Blend and add to hot milk and potatoes.....	3 tbsp. melted butter
	1 tbsp. flour
	1 1/2 tsp. salt
	1/8 tsp. pepper
	1/4 tsp. celery salt

Stir well.

Cook over low heat until boiling. Garnish with parsley. Serve hot.

## CORN CHOWDER

Cube and brown in large saucepan.....	3 slices salt pork
Add and cook until tender.....	1 medium onion diced

Add..... 4 medium sliced potatoes  
 2 cups water  
 Soak..... 6 large soda crackers in  
 2 cups milk  
 Add to first mixture  
 soaked crackers and..... 2 cups cooked or canned  
 corn  
 1 tsp. salt  
 1/4 tsp. pepper  
 Heat to boiling. Serve hot.

### FISH CHOWDER

Fry in deep kettle until crisp..... 1/4 lb. sliced salt pork  
 Remove pork and add..... 6 cups diced uncooked fish  
 6 small sliced potatoes  
 2 small chopped onions  
 3 cups boiling water  
 Simmer 1/2 hr. Add..... 1 pint milk  
 Cook 5 in. Add..... 1 tsp. salt  
 1/2 tsp. pepper

Just before serving, add 3 pilot biscuits.

FISH MULLIGAN — Follow Fish Chowder recipe except omit pilot biscuits and milk. Add 1/3 cup uncooked rice and 2 tbsp. minced parsley with fish and vegetables. Add 3 cups water.

OYSTER CHOWDER — Follow Fish Chowder recipe except use 1 pt. oysters in place of fish. Use only 2 cups water. Add oysters when potatoes are tender and cook 20 min. Add milk and heat.

SHRIMP CHOWDER — Follow Fish Chowder recipe except use 1 lb. cooked shrimp in place of fish. Add shrimp with milk. Add 1 cup diced celery with onions and potatoes.

SERVE WITH SOUP — cheese straws, cheese toast strips, buttered toasted cubes of bread, melba toast, pretzels, cheese popcorn, oyster crackers, bread sticks, hard rolls, pickles, olives, celery and carrot sticks.

## VEGETABLES

How to Cook Fresh Vegetables

Cooking Canned Vegetables

Cooking Frozen Vegetables

Asparagus with Cheese Sauce

Quick-Baked Beans

Baked Navy or Lima Beans

Scalloped Corn

Broiled Eggplant

Boiled Potatoes

Baked Potatoes

Mashed Potatoes

French Fries

Scalloped Potatoes

Sweet Potato Casserole

Acorn Squash

Creamed Vegetables

White Sauce

## HOW TO COOK FRESH VEGETABLES

To retain the minerals and vitamins use only  $\frac{1}{4}$  to 2 cups water. When cooking with a small amount of water add a small amount of butter. Green leafy vegetables need only the water which clings to the leaves after washing. Tomatoes require no water. Bring vegetables to steaming point on high heat, then cook at low temperature.

VEGETABLES COOKED IN 10 TO 30 minutes: asparagus, Brussels sprouts, cabbage, carrots, celery, corn, lima beans, peas, spinach, summer squash and tomatoes.

VEGETABLES COOKED IN 20 TO 45 MINUTES: beets, broccoli, green beans, cauliflower, kale, onions, parsnips, rutabagas, hubbard squash and turnips.

IN THE PRESSURE COOKER: Do not overcook. Use little water and follow instructions with the pressure cooker.

FROZEN VEGETABLES: Start cooking in the frozen state in a small amount of boiling water. Start timing when frozen block is thawed. Cook according to instructions. Do not overcook.

## ASPARAGUS WITH CHEESE SAUCE

Melt in saucepan.....	2 tbsp. butter
Blend in and cook stirring	
over low heat 5 min.....	2 tbsp. flour
	1 cup milk
	1 tsp. salt
	$\frac{1}{8}$ tsp. pepper



Add and stir until melted..... 1 cup grated cheese  
 Stir in..... 1 No. 2 can drained cut  
                                                                                                  asparagus or  
                                                                                                  1 lb. fresh cooked asparagus  
 Serve hot on toast. Sprinkle crisp chopped bacon on top.

### QUICK-BAKED BEANS

Fry until crisp..... 3 slices chopped bacon  
 Add and cook 5 min..... 1 chopped onion  
                                                                                                  1 chopped green pepper  
 Remove from fire and add.....  $\frac{1}{2}$  cup molasses  
                                                                                                  1 tbsp. prepared mustard  
                                                                                                   $\frac{1}{2}$  cup catsup  
                                                                                                  2 No. 2 cans baked beans  
 Bake in greased baking dish at  $350^{\circ}$  for 45 min.

### BAKED NAVY OR LIMA BEANS

Wash and soak..... 1 qt. dried navy or lima  
                                                                                                  beans  
 Drain off water, add..... 6 cups water  
 Cook slowly until skins burst.  
 About 1 hr., add..... 1 tbsp. salt  
                                                                                                   $\frac{1}{2}$  cup molasses  
                                                                                                   $\frac{1}{2}$  cup brown sugar  
                                                                                                  1 tsp. dry mustard  
                                                                                                  1 lb. salt pork, cut  
                                                                                                  1 onion, scored  
 Put in covered pot. Bake at  $300^{\circ}$  for 6 hrs. Remove cover for  
 last 30 min. Serves 10.

### SCALLOPED CORN

Combine in large bowl..... 1 No. 2 can cream-style corn  
 1/2 cup milk  
 1 cup cracker crumbs  
 1/2 small minced onion  
 3 tbsp. chopped green pepper  
 1 tsp. salt  
 1/8 tsp. pepper  
 2 tbsp. butter

Pour into greased baking dish. Bake at 350° for 30 min.

### BROILED EGGPLANT

Peel and cut in 1/2 inch slices... Eggplant  
 Dip in..... beaten egg  
 cracker crumbs  
 Fry until brown in..... small amount fat  
 Place on broiler rack.  
 Top with..... slice of tomato  
 slice of cheese  
 1/2 slice bacon

Broil until cheese melts and bacon is crisp.

### POTATOES

#### BOILED POTATOES:

Place in saucepan..... 1/2 cup water, cold  
 Cover. Cook over high heat  
 until steaming..... 1 tsp. salt

*Braille  
p. 137*

1½ lbs. pared quartered  
potatoes

Reduce to low heat and cook until tender. Serve with butter.

#### BAKED POTATOES:

Select smooth unblemished potatoes of uniform size. Scrub with a vegetable brush. Dry and rub with fat. Bake for 1 hr. at 400°. Split and butter. Serve at once.

#### MASHED POTATOES:

Follow directions for boiled potatoes. Increase water to 2 cups. When tender, drain off liquid. Mash with potato masher or whip with electric mixer.

Beat in until fluffy..... ½ cup hot milk  
2 tbsp. butter  
1 tsp. salt  
dash pepper

FRENCH FRIES: Cut pared potatoes in strips. Fry in deep hot fat about 15 min. Drain on absorbent paper. Sprinkle with salt. Serve at once.

#### SCALLOPED POTATOES

Pare and slice thin..... 6 medium potatoes  
Place in greased baking  
dish in alternate layers with.....  
1 tsp. salt }  
¼ tsp. pepper } mixed  
3 tbsp. flour }

Top with bits of..... 4 tbsp. butter

Add to come to top of  
potatoes..... milk

Cover and bake at  $350^{\circ}$  until tender (1 to  $1\frac{1}{2}$  hrs.) Cook un-  
covered <sup>the</sup> last 15 min. to brown.

### SWEET POTATO CASSEROLE

Cook in water to cover

until tender..... 6 medium sweet potatoes

Remove skins, mash, add.....  $\frac{1}{2}$  cup drained crushed  
pineapple

$\frac{1}{2}$  cup broken nut meats

2 tbsp. butter

1 tsp. salt

Mix well, pour in greased

casserole cover with.....Bite size or regular  
marshmallows

Bake in  $350^{\circ}$  oven until marshmallows are melted and slightly  
brown, about 30 min.

### ACORN SQUASH

Cut squash in half, remove seeds and fiber. Sprinkle with salt and  
pepper. Brush with melted butter. Place on baking pan, cut side  
down. Bake in a hot oven  $400^{\circ}$  for 30 min. Turn cut side up,  
brush with butter and bake until brown, about 25-30 min.

*Brussels  
p 139*

## CREAMED VEGETABLES

Drain.....2 cups cooked or canned  
vegetables

Mix with.....1 cup medium white sauce  
(Recipe follows)

## WHITE SAUCE

## MEDIUM:

Melt over low heat in saucepan 2 tbsp. butter

Blend in..... 2 tbsp. flour

$\frac{1}{4}$  tsp. salt

$\frac{1}{8}$  tsp. pepper

1 cup milk

Bring to a boil stirring constantly. Cook until thick and smooth,  
about 10 min.

THIN WHITE SAUCE: Decrease butter and flour to 1 tbsp. each in  
recipe for medium white sauce.

THICK WHITE SAUCE: Increase butter and flour to 4 tbsp. each in  
recipe for medium white sauce.





